

# Safe Haven April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 11:30-1:30 WRAP w/ Victoria (IP)  2:30-3:30 Sound Bath (V)  5:30-6:30 Support Group for Suicide Attempt Survivors (V)	<b>2</b> 11-12 Meditation (V) (LH)  2-3 Dual Recovery Anon. (V) (LH)	<b>3</b> 9:30-10:30 Raqs Sharqi Dance (V) (LH)  1:30-2:30 Living Well w/ Bipolar (V)(HH)  3-4 SLO Hospice Grief Support (V)(LH)	<b>4</b> 10-11 Book Group with Author Lili Sinclair (IP)  1-2 Music Sharing (H)  2-3 Creative Creations (IP)  "	<b>5</b> 1:30-2:30 Joyful Movement (H)  2:30-3:30 Anxiety & Depression (H)  3-4 Dual Recovery Anon. (V) (HH)
<b>8</b> 10:30-11:30 Healthy Habits (H)  11:30-1:30 WRAP w/ Victoria (IP)  5:30-6:30 Support Group for Suicide Attempt Survivors (V)	<b>9</b> 10-11 Gestures of Kindness (H)  11:30-12:30 Men's Group (H)  2-3 Dual Recovery Anon. (V) (LH)  3-4:30 PAAT Meeting (H) @TMHA	<b>10</b> 9:30-10:30 Raqs Sharqi Dance (V) (LH) 9:30-10:30 Wednesday Walk (OIP) 10:30-11:30 Gentle Yoga w/Kolleen (H) 1-2 Coping with Loss (H) 2-3 Beauty of Encouragement (H) 1:30-2:30 Living Well w/ Bipolar (V)(HH) 3-4 SLO Hospice Grief Support (V)(LH)	<b>11</b> 10-11 Book Group with Author Lili Sinclair (IP)  1-2 Music Sharing (H)  2-3 Creative Creations (IP)	<b>12</b> 10-11 Chronic Pain & Mental Health(V)  11-12 Andreini's Sip & Stroll (OIP)  1:30-2:30 Joyful Movement (H)  2:30-3:30 Anxiety & Depression (H)  3-4 Dual Recovery Anon. (V) (HH)
<b>15</b> 10:30-11:30 Healthy Habits (H)  2:30-3:30 Sound Bath (V)  5:30-6:30 Support Group for Suicide Attempt Survivors (V)	<b>16</b> 10-11 Gestures of Kindness (H) 11:30-12:30 Men's Group (H) <b>1-3 Outing: Port San Luis Harford Pier</b> 2-3 Dual Recovery Anon. (V) (LH)	<b>17</b> 9:30-10:30 Raqs Sharqi Dance (V) (LH) 9:30-10:30 Wednesday Walk (OIP) 1-2 Coping with Loss (H) 2-3 Beauty of Encouragement (H) 1:30-2:30 Living Well w/ Bipolar (V)(HH)	<b>18</b> <b>10-11 Member Celebrations (H)</b>  1-2 Music Sharing (H)  2-3 Creative Creations (IP)	<b>19</b> 10-11 Chronic Pain & Mental Health (V) 11-12 Andreini's Sip & Stroll (OIP) 1:30-2:30 Joyful Movement (H) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)
<b>22</b> 10:30-11:30 Healthy Habits (H)  2:30-3:30 Sound Bath (V)  5:30-6:30 Support Group for Suicide Attempt Survivors (V)	<b>23</b> 10-11 Gestures of Kindness (H)  11:30-12:30 Men's Group (H)  2-3 Dual Recovery Anon. (V) (LH)  3-4:30 PAAT Meeting (H) @TMHA	<b>24</b> 9:30-10:30 Raqs Sharqi Dance (V) (LH)  10:30-11:30 Gentle Yoga w/Kolleen (H) 1-2 Coping with Loss (H) 2-3 Beauty of Encouragement (H) 1:30-2:30 Living Well w/ Bipolar (V)(HH) 3-4 SLO Hospice Grief Support (V)(LH)	<b>25</b> <b>10-11 Coffee &amp; Tea Talks (H)</b>  1-2 Music Sharing (H)  2-3 Creative Creations (IP)	<b>26</b> 10-11 Chronic Pain & Mental Health(V) 11-12 Andreini's Sip & Stroll (OIP) 1:30-2:30 Joyful Movement (H) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)
				<b>27</b> <b>Saturday</b> 10-11:30 NAMI Family Support Group (IP)
<b>29</b> 10:30-11:30 Healthy Habits (H)  2:30-3:30 Sound Bath (V)  5:30-6:30 Support Group for Suicide Attempt Survivors (V)	<b>30</b> 10-11 Gestures of Kindness (H) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (V) (LH)	You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. - Dr. Seuss	<b>GROUP KEY:</b> Virtual Groups: (V)  Outside In Person: (OIP)  In Person: (IP)  Hybrid (IP & V): (H)	<b>HOPE HOUSE (HH)</b> 1306 NIPOMO ST, SLO 805-541-6813  <b>LIFE HOUSE (LH)</b> 5850 W MALL ST, ATASCADERO 805-464-0512