

Safe Haven April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 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)	2 11-12 Meditation (V) (LH) 2-3 Dual Recovery Anon. (V) (LH)	3 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)	4 10-11 Book Group with Author Lili Sinclair (IP) 1-2 Music Sharing (H) 2-3 Creative Creations (IP)	5 1:30-2:30 Joyful Movement (H) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)
8 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)	9 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	10 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)	11 10-11 Book Group with Author Lili Sinclair (IP) 1-2 Music Sharing (H) 2-3 Creative Creations (IP)	12 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)
15 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)	16 10-11 Gestures of Kindness (H) 11:30-12:30 Men's Group (H) 1-3 Outing: Port San Luis Harford Pier 2-3 Dual Recovery Anon. (V) (LH)	17 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)	18 10-11 Member Celebrations (H) 1-2 Music Sharing (H) 2-3 Creative Creations (IP)	19 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)
22 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)	23 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	24 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)	25 10-11 Coffee & Tea Talks (H) 1-2 Music Sharing (H) 2-3 Creative Creations (IP)	26 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)
29 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)	30 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	GROUP KEY: Virtual Groups: (V) Outside In Person: (OIP) In Person: (IP) Hybrid (IP & V): (H)	27 Saturday 10-11:30 NAMI Family Support Group (IP)
				HOPE HOUSE (HH) 1306 NIPOMO ST, SLO 805-541-6813 LIFE HOUSE (LH) 5850 W MALL ST, ATASCADERO 805-464-0512