

Safe Haven May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Group Key:</u> Virtual Groups (V) Outside in Person (OIP) In Person (IP) Hybrid (IP & V): H</p>	<p>Hope House (HH) 805-541-6813 Life House (LH) 805-464-0512</p>	<p>1 9:30-10:30 Raqs Sharqi Dance (V) (LH) 9:30-10:30 Wednesday Walk (OIP) 1:30-2:30 Living Well w/ Bipolar (V)(HH) 2-3 Beauty of Encouragement (V) 3-4 SLO Hospice Grief Support (V)(LH)</p>	<p>2 10-11 Book Group with Author Lili Sinclair (IP) 1-2 Music Sharing (H) 2-3 Creative Creations (IP)</p>	<p>3 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)</p>
<p>6 10-11 Anger Management (V) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>7 10-11 Gestures of Kindness (H) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (V) (LH)</p>	<p>8 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) 1:30-2:30 Living Well w/ Bipolar (V)(HH) 2-3 Beauty of Encouragement (V) 3-4 SLO Hospice Grief Support (V)(LH)</p>	<p>9 10-11 Book Group with Author Lili Sinclair (IP) 1-2 Music Sharing (H) 2-3 Creative Creations (IP)</p>	<p>10 10-11 Chronic Pain & Mental Health(V) 11:30-3:30 Life House Open House "Self Care Celebration" (RSVP for Ride) 3-4 Dual Recovery Anon. (V) (HH)</p>
<p>13 10-11 Anger Management (H) 10:30-11:30 Healthy Habits (H) 1-2 Coping with Loss (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>14 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 @ TMHA (H)</p>	<p>15 9:30-10:30 Raqs Sharqi Dance (V) (LH) 9:30-10:30 Wednesday Walk (OIP) 1:30-2:30 Living Well w/Bipolar (V) (HH) 2-3 Beauty of Encouragement (V) 3-4 SLO Hospice Grief Support (V)(LH)</p>	<p>16 10-11 Book Group with Author Lili Sinclair (IP) 1-2 Music Sharing (H) 2-3 Creative Creations (IP)</p>	<p>17 10-11 Chronic Pain & Mental Health (V) 11:30-3:30 Hope House Open House "Community Comes Together" (RSVP for Ride) 3-4 Dual Recovery Anon. (V) (HH)</p>
<p>20 10-11 Anger Management (H) 10:30 Healthy Habits (H) 1-2 Coping with Loss (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>21 10-11 Gestures of Kindness (H) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (V) (LH)</p>	<p>22 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) 1:30-2:30 Living Well w/Bipolar (V) (HH) 2-3 Beauty of Encouragement (V) 3-4 SLO Hospice Grief Support (V)(LH)</p>	<p>23 10-11 Book Group with Author Lili Sinclair (IP) 12:30-2:30 Lizzy's Hope House Farewell Lunch (RSVP for Ride)</p>	<p>24 12-3 Safe Haven Open House "Move Well & Eat Well" 3-4 Dual Recovery Anon. (V) (HH)</p>
				<p>25 Saturday 10-11:30 NAMI Family Support Group (IP)</p>
<p>27 10:30-11:30 Healthy Habits (H) 1-2 Coping with Loss (H) 2:30-3:30 Sound Bath (V)</p>	<p>28 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 @ TMHA (H)</p>	<p>29 9:30-10:30 Raqs Sharqi (V) (LH) 11-12 Member Celebrations (V) 2-3 Beauty of Encouragement (V) 3-4 SLO Hospice Grief Support (V) (LH)</p>	<p>30 10-11 Book Group with Author Lili Sinclair (IP) 1-2 Music Sharing (H) 2-3 Creative Creations (IP)</p>	<p>31 10-11 Chronic Pain & Mental Health (V) 11:30-2:30 Center Closed 3-4 Dual Recovery Anon. (V) (HH)</p>