



Life House April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For all In Person Groups, please present proof of full Covid-19 vaccination, including booster, or a negative Covid-19 test from within 72 hours prior to attending group.</p> <p>OPEN HOUSE IS COMING! May 20th, 2022</p>	<p>Call for login info or to sign up as a new member.</p> <p>(805) 464-0512 V—Virtual Group IP—In Person</p> <p>Events may change.</p>		<p><i>A good day isn't always Perfect. It challenges you to Release your potential & Inspires you to appreciate the Little, amazing things in life.</i></p>	<p>10-11 Lift Now V 11-12 O.C.D. IP 12:30-2 FUNDAY Friday IP 2:30-3:30 Music Sharing IP</p>
<p>4 9:30-10:30 Step! IP 10-11 Anger Management hosted by Victoria V 12:00-1:00 Coping With Anxiety V 2:30-3:30 Harmonic Holistic Hosted by S.H. V</p>	<p>5 10-11 Art Hour: Mandalas IP 10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/Majida. IP 11-12 Yoga IP 12 Galaxy Movie Theater IP (RSVP) 12:30-1:30 Women's Group IP 2-3 Dual Recovery Anon IP</p>	<p>6 10-11 Calendar Planning IP 11-12 Meditation IP 12:30-1:30 Ted Talk: "You Don't find Happiness, You Create it!" IP 1:30-2:30 Living Well W/Bipolar V 2:30-3:30 Hospice: Grief Support V</p>	<p>7 Life House Closed</p>	<p>8 Life House Closed 3-4:30 PAAT: Supported Employment Presentation, V</p>
<p>11 9:30-10:30 Step! IP 10-11 Anger Management hosted by Victoria V 12:00-1:00 Coping With Anxiety V 2:30-3:30 Harmonic Holistic Hosted by S.H. V</p>	<p>12 10-11 Art Hour: Art Buffet IP 10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/Majida. IP 11-12 Yoga IP 12:30-1:30 Women's Group IP 2-3 Dual Recovery Anon IP</p>	<p>13 10-11 Attitude of Gratitude V/IP 11-12 Reiki IP 12:30-1:30 Discovering Resources IP 1:30-2:30 Living Well W/Bipolar V 2:30-3:30 Hospice: Grief Support V</p>	<p>14 9:30-10:30 Love & Care IP 11-12 Creative Writing V/IP 12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety V 2-3 Healthy Boundaries & Assertive Communication V</p>	<p>15 10-11 Lift Now V 11-12 O.C.D. IP 12:30-2 Grub Club: Nachos (RSVP by 3/11) IP 2:00-3:30 Call Of The Wild Flowers, (RSVP) IP</p>
<p>18 9:30-10:30 Step! IP 10-11 Anger Management hosted by Victoria V 12:00-1:00 Coping With Anxiety V 2:30-3:30 Harmonic Holistic Hosted by S.H. V 5:30-6:30 Suicide Attempt Survivors Support, V</p>	<p>19 10-11 Art Hour: Succulent Planters IP 10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/Majida. IP 11-12 Yoga IP 12:30-1:30 Women's Group IP 2-3 Dual Recovery Anon IP</p>	<p>20 11-12 Meditation IP 12:30-1:30 Ted Talk: "Get Comfortable With Being Uncomfortable." IP 1:30-2:30 Living Well W/Bipolar V 2:30-3:30 Hospice: Grief Support V</p>	<p>21 9:30-10:30 Love & Care IP 12:30-1:30 Joy, on Purpose! Strategies for Social Anxiety V 2-3 Healthy Boundaries & Assertive Communication V</p>	<p>22 10-11 Lift Now V 11-12 O.C.D. IP 12:30-2 FUNDAY Friday/ Clothing Exchange, IP 2:30-3:30 Music Sharing IP</p>
<p>25 9:30-10:30 Step! IP 10-11 Anger Management hosted by Victoria V 12:00-1:00 LGBTQA+ Support V 2:30-3:30 Harmonic Holistic Hosted by S.H. V 5:30-6:30 Suicide Attempt Survivors Support, V</p>	<p>26 10-11 Art Hour: Tie Dye IP 10-11 Raqs Sharqi: The Joy of Middle Eastern Dance w/Majida. IP 11-12 Yoga IP 12:30-1:30 Women's Group IP 2-3 Dual Recovery Anon IP</p>	<p>27 11-12 Reiki IP 12:30-1:30 Discovering Resources IP 1:30-2:30 Living Well W/Bipolar V 2:30-3:30 Hospice: Grief Support V</p>	<p>28 </p>	<p>29 10-11 Lift Now V 11:30-3:30 Morro Bay Beach outing (RSVP)</p>