



# Hope House February 2023

SLO Wellness Center Hope House

1306 Nipomo St (805) 541-6813

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>“When we give ourselves compassion, the tight knot of negative self-judgement starts to dissolve, replaced by a feeling of peaceful, connected acceptance—a sparkling diamond that emerges from the coal.” -Kristen Neff</p>	<p><b>1</b> 10-11 Self Compassion Circle <b>IP</b> 11:30-12:30 Healthy Occupational Habits, V 1:30-2:30 Living Well w/Bipolar, V 3-4 Calendar Planning <b>V &amp; IP</b></p>	<p><b>2</b> 10-11 Written Expressions <b>IP</b> 1-2 Sharpening Social Skills <b>IP</b> 2:30-4 Dr. Moreno’s Group <b>IP</b></p>	<p><b>3</b> 9:30-10:30 Coffee &amp; Contemplation <b>IP</b> <b>11-12 Depression &amp; Anxiety V</b> <b>12:30-2:30 Art &amp; Chill IP</b> 3-4 Dual Recovery Anon., V</p>
<p><b>6</b> 10-11 Anger Management Support Group V <b>11-12 Gentle Exercise IP</b> 1-2:30 Music Sharing <b>V&amp; IP</b> <b>3-4 Ask a Nurse, Tell a Nurse IP</b> 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression <b>IP</b></p>	<p><b>7</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b> 10-11 Raqs Sharqi, Middle Eastern Dance, V 11-12 Show &amp; Tell <b>V&amp;IP</b> 12:30-1:30 “Holistic Psychologist” Podcast Hour V 2:30-3:30 Voices &amp; Visions <b>IP</b></p>	<p><b>8</b> 10-11 Self Compassion Circle <b>IP</b> 11-12 Healthy Environmental Habits, V <b>12-1 Supported Employment Program Presentation, Q &amp; A! IP</b> 1:30-2:30 Living Well w/Bipolar, V 3-4 Do You! Dance Hour <b>IP</b></p>	<p><b>9</b> 10-11 Written Expressions <b>V</b> 1-2 Sharpening Social Skills <b>IP</b> 2:30-4 Dr. Moreno’s Group <b>IP</b> 4-5 LGBTQIA+ Group V</p>	<p><b>10</b> <b>11-12 Depression &amp; Anxiety V</b> 3-4 Dual Recovery Anon., V <b>4:30-7:30 pm SLO Botanical Gardens Light Exhibit (RSVP) IP</b> 3-4:30 PAAT Meeting: Self-Love is Self-Care <b>V&amp;IP</b></p>
<p><b>13</b> 10-11 Anger Management Support Group V <b>11-12 Gentle Exercise IP</b> 1-2:30 Music Sharing <b>V&amp; IP</b> <b>3-4 Ask a Nurse, Tell a Nurse IP</b> 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression <b>IP</b></p>	<p><b>14</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b> 10-11 Raqs Sharqi, Middle Eastern Dance, V 11-12 Poetry Group <b>IP</b> 12:30-1:30 “Holistic Psychologist” Podcast Hour V 2:30-3:30 Voices &amp; Visions <b>IP</b></p>	<p><b>15</b> 10-11 Self Compassion Circle <b>IP</b> 11:30-12:30 Healthy Spiritual Habits, V 1:30-2:30 Living Well w/Bipolar, V</p>	<p><b>16</b> 10-11 Written Expressions <b>V</b> 1-2 Sharpening Social Skills <b>IP</b> 2:30-4 Dr. Moreno’s Group <b>IP</b></p>	<p><b>17</b> <b>Center Closed</b> We look forward to seeing you on Monday!</p>
<p><b>20</b> 10-11 Anger Management Support Group V <b>11-12 Gentle Exercising V</b> 1-2:00 Music Sharing <b>V</b> 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression <b>IP</b></p>	<p><b>21</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b> 10-11 Raqs Sharqi, Middle Eastern Dance, V 11-12 Show &amp; Tell <b>V&amp;IP</b> 12:30-1:30 “Holistic Psychologist” Podcast Hour V 2:30-3:30 Voices &amp; Visions <b>IP</b></p>	<p><b>22</b> 10-11 Self Compassion Circle <b>IP</b> 11:30-12:30 Healthy Intellectual Habits, V 1:30-2:30 Living Well w/Bipolar, V 3-4:30 Big Birthday Bash! <b>IP</b></p>	<p><b>23</b> 10-11 Written Expressions <b>IP</b> 1-2 Sharpening Social Skills <b>IP</b> 2:30-4 Dr. Moreno’s Group <b>IP</b> 4-5 LGBTQIA+ Group V</p>	<p><b>24</b> 9:30-10:30 Coffee &amp; Contemplation <b>IP</b> <b>11-12 Depression &amp; Anxiety V</b> 12:30-2:30 Community Cooking Class <b>IP</b> 3-4 Dual Recovery Anon., V 3-4:30 PAAT Meeting: Volunteering for Your Mental Health <b>V&amp;IP</b></p>
<p><b>27</b> 10-11 Anger Management Support Group V <b>11-12 Gentle Exercise IP</b> 1-2:30 Music Sharing <b>V&amp; IP</b> <b>3-4 Ask a Nurse, Tell a Nurse IP</b> 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression <b>IP</b></p>	<p><b>28</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b> 10-11 Raqs Sharqi, Middle Eastern Dance, V 11-12 Poetry Group <b>IP</b> 12:30-1:30 “Holistic Psychologist” Podcast Hour V 2:30-3:30 Voices &amp; Visions <b>IP</b></p>	<p style="border: 1px dashed black; border-radius: 15px; padding: 10px; text-align: center;">If you are feeling sick or are experiencing cold/flu symptoms, please stay home and join one of our virtual groups. Thank you for helping us stay healthy!</p>	<p style="border: 1px dashed black; border-radius: 15px; padding: 10px; text-align: center;">Call for login info or to sign up as a new member.  (805) 541-6813 <b>V—Virtual Group</b> <b>IP—In Person</b></p>	<p style="text-align: center;"><i>“Love is the great miracle cure. Loving ourselves works miracles in our lives.” -Louise L. Hay</i></p>