

## **MONDAY:**

### **Seeking Safety In Person**

*Learn about creating safety for your recovery, your relationships, and your life.*

### **OCD Group for Everyone In Person**

*Do you experience intrusive thoughts? Are you compelled to engage in obsessive ritualistic behaviors? If you are struggling with Obsessive Compulsive Disorder or are curious to learn more about it, this group offers space to learn what OCD can teach us about mindfulness.*

### **Music Sharing Virtual & In Person**

*Got tunes and tracks that inspire, relax, or help you express yourself? This is the place to share them along with stories of how your connection to music has been a support to you.*

### **Build Your Skills Virtual**

"Join us for the Build Your Skills Group: a virtual group focused on building coping skills through the use of Dialectical Behavioral Therapy techniques brought to you by our wonderful friends at Cal Poly!"

### **Support for Suicide Attempt Survivors Virtual**

*Please join us in our weekly support group to feel connected and heard by others with similar experiences. This support group offers a safe, nonjudgmental place to share your story as you learn new coping skills and create hope for the future.*

### **Healing Depression In Person**

*A group for people experiencing depression to share and receive support.*

## **TUESDAY:**

### **Stroll for the Soul Outdoor, In Person**

*This group takes an enjoyable walk around SLO each week. This is a time to move our bodies, appreciate our local beauty and even stop and smell the roses!*

### **Art and Chill**

*Join us in this group to get your creative juices flowing featuring different projects and mediums to connect with your inner artist.*

### **Center Care and Planning**

*Interested in supporting the care of the center? Join us as we beautify the space and plan for future events for our calendar!*

### **Dual Recovery Anon**

This group is based on the wisdom of the 12-step program and is designed to support those with the dual experiences of addiction and a mental health diagnosis. This meeting offers solutions to be able to live life with recovery in mind and connection with others who share their experience, strength and hope.

### **Voices & Visions**

Voices & Visions Group is a closed support group for those that are navigating the challenges of auditory and visual hallucinations. Participants will have the opportunity to connect with others who experience and understand their challenges, share coping strategies, and build a supportive community.

### **PAAT Meeting**

*Join the Peer Advisory Advocacy Team, a community of people who advocate for those served by the mental health system. PAAT participants educate our community about mental illness, promote wellness and recovery, reduce stigma and provide support for others with similar experience. This groups meets both on zoom at the link below, and at Conference Room 1 at the TMHA Main Office.*

## **WEDNESDAY:**

### **Gentle Yoga**

*Interested in exploring some gentle movement to start your day? Join us for a member-led yoga class where we will practice presence and strengthen our mind-body connection alongside each other.*

### **Anxiety and Depression**

*This is a safe space to share best practices and experiences together to help navigate and overcome Anxiety and Depression.*

### **Befriending Emotions**

*Befriending Emotions is a safe space to learn about the large range of emotions we can experience as humans, and how they help connect us to ourselves and others. We will use lessons from the book “Atlas of the Heart” by emotions researcher Brené Brown, to guide us to better understand the language of emotions and practice identifying and expressing them.*

### **Self Compassion Circle**

*This group gives us the opportunity to sit with ourselves as we practice cultivating kindness and self-compassion.*

### **Living Well with Bipolar Virtual & In Person**

*This group explores strategies, successes, and experiences related to Bipolar Disorder. We kindly ask that only people who experience mood disorders attend this group.*

## **THURSDAY:**

### **Poetry & Journal Group**

*Together we will be reading/listening to poetry, and exploring poetry of our own. Bring an open mind and heart, we provide the poetry, paper and pen. 😊*

### **Sharpening Social Skills**

*Need some brushing up on how to socialize? You are not alone! So many of us have been more isolated than ever these past couple of years. This new group offers an opportunity to connect with others and sharpen our social skills in a safe and fun environment.*

### **Everyday Wellness**

*Everyday Wellness Group helps us to create wellness in our everyday life. The topics are based on the SAMHSA Eight Dimensions of Wellness, and each month we explore a different topic. Together, we learn about emotional wellness, financial wellness, physical wellness, environmental wellness, and more.*

### **Voices & Visions**

*Get together with members and staff and process some of the experiences we have had with*

*hearing voices and/or having visions. This applies for many different diagnoses where we have dealt with such symptoms.*

### **Dr. Moreno's Group**

*An on-going support group led by Dr. Moreno.*

### **Hospice Grief Support**

*Grief Support groups are offered to allow the bereaved to find comfort and support by connecting with others in similar circumstances. Support Groups provide emotional support and education about the grief process.*

### **LGBTQ+**

*This is a safe space to share struggles, worries, experiences and triumphs for members of the LGBTQ+ community.*

### **Grupo de bienestar emocional**

*Ven a compartir, aprender y reflexionar sobre tus emociones; Este grupo de apoyo esta abierto a cualquier persona que busque crear una comunidad y mejorar su bienestar emocional. Para mas informacion comuniquese con Maria G. Velazquez 805-439-7626*

## **FRIDAY:**

### **Coffee & Contemplation**

*Bring your caffeine and chitchat as we contemplate topics of interest, sip on something yummy, and simply enjoy each other's company in the comfort of Hope House.*

### **Gardening Group**

*Come exercise your green thumb and get in touch with the Earth through gardening.*

### **Ambassador Check-Ins**

*Interested in becoming a Hope House Ambassador to support with co-facilitating a group, creating your own group, or supporting with center projects? This check-in time is now built into the calendar to offer support and mentorship for those looking to take on more leadership in our community!*

### **Member Celebrations**

*Join us for our monthly member celebrations (treats and decorations included) with extra focus on group members' personal victories of any kind! Milestone, special date, and beyond are all*

*welcome here. We would like to celebrate with you! Then, the group will decide on an activity together, such as a game, movie, music sharing, or more!*

### **Community Cooking Class**

*Join us for a fun time engaging in teamwork and learning to cook some delicious and healthy food.*

### **Dual Recovery Anonymous**

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