



Hope House January 2023

SLO Wellness Center Hope House

1306 Nipomo St (805) 541-6813

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10-11 Anger Management Support Group V</p> <p>11-12 Depression & Anxiety V</p> <p>1-2:30 Music Sharing V& IP</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V</p> <p>6-7 Healing Depression IP</p>	<p>3</p> <p>9:30-10:30 Stroll for the Soul (Walking Group) IP</p> <p>10-11 Raqs Sharqi, Middle Eastern Dance, V</p> <p>11-12 Poetry Group IP</p> <p>12:30-1:30 "Holistic Psychologist" Podcast Hour V</p> <p>2:30-3:30 Voices & Visions IP</p>	<p>4</p> <p>10-11 Self Compassion Circle IP</p> <p>11-12 Healthy Emotional Habits, V</p> <p>1:30-2:30 Living Well w/Bipolar, V</p> <p>3-4 Calendar Planning V & IP</p>	<p>5</p> <p>10-11 Written Expressions IP</p> <p>1-2 Sharpening Social Skills:</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p>6</p> <p>10-11 Coffee & Contemplation IP</p> <p>12:30-2:30 Art & Chill: Creating Paper Lanterns IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>9</p> <p>10-11 Anger Management Support Group V</p> <p>11-12 Depression & Anxiety V</p> <p>1-2:30 Music Sharing V& IP</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V</p> <p>6-7 Healing Depression IP</p>	<p>10</p> <p>9:30-10:30 Stroll for the Soul (Walking Group) IP</p> <p>10-11 Raqs Sharqi, Middle Eastern Dance, V</p> <p>11-12 Show & Tell IP</p> <p>12:30-1:30 "Holistic Psychologist" Podcast Hour V</p>	<p>11</p> <p>10-11 Self Compassion Circle IP</p> <p>11-12 Healthy Financial Habits, V</p> <p>2-3 The Divergent Neurons, V</p>	<p>12</p> <p>10:30-2:00 Outing to the Elephant Seals in San Simeon IP (RSVP, please!)</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p>13</p> <p>12:30-2:30 Friday Hangout: SLO Art Day! IP</p> <p><i>(Join us as we visit local art galleries! Meet at Hope House.)</i></p> <p>3-4 Dual Recovery Anon., V</p> <p>3-4:30 PAAT Meeting IP at TMHA</p>
<p>16</p> <p><i>Hope House will be closed to observe Martin Luther King Jr. Day. These groups will still be offered:</i></p> <p>10-11 Anger Management Support Group V</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V</p> <p>6-7 Healing Depression IP</p>	<p>17</p> <p>9:30-10:30 Stroll for the Soul (Walking Group) IP</p> <p>10-11 Raqs Sharqi, Middle Eastern Dance, V</p> <p>11-12 Poetry Group IP</p> <p>12:30-1:30 "Holistic Psychologist" Podcast Hour V</p> <p>2:30-3:30 Voices & Visions IP</p>	<p>18</p> <p>10-11 Self Compassion Circle IP</p> <p>11-12 Healthy Social Habits, V</p> <p>2-3 The Divergent Neurons, V</p>	<p>19</p> <p>10-11 Written Expressions IP</p> <p>1-2 Sharpening Social Skills: Navigating Neurodiversity IP</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p>20</p> <p>11-1 Café Day! IP</p> <p><i>Let's show love to a local café! Meet at Hope House and join us for a fun day out & about together.</i></p> <p>3-4 Dual Recovery Anon., V</p>
<p>23</p> <p>10-11 Anger Management Support Group V</p> <p>11-12 Depression & Anxiety V</p> <p>1-2:30 Music Sharing V& IP</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V</p> <p>6-7 Healing Depression IP</p>	<p>24</p> <p>9:30-10:30 Stroll for the Soul (Walking Group) IP</p> <p>10-11 Raqs Sharqi, Middle Eastern Dance, V</p> <p>11-12 Show & Tell IP</p> <p>12:30-1:30 "Holistic Psychologist" Podcast Hour V</p>	<p>25</p> <p>10-11 Self Compassion Circle IP</p> <p>11-12 Healthy Physical Habits, V</p> <p>1:30-2:30 Living Well w/Bipolar, V</p> <p>2-3 The Divergent Neurons, V</p>	<p>26</p> <p>1-2 Sharpening Social Skills IP</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p>27</p> <p>10-11 Coffee & Contemplation IP</p> <p>12:30-2:30 Community Cooking Class & Lunch IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>30</p> <p>10-11 Anger Management Support Group V</p> <p>1-2:30 Music Sharing V& IP</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V</p> <p>6-7 Healing Depression IP</p>	<p>31</p> <p>9:30-10:30 Stroll for the Soul (Walking Group) IP</p> <p>10-11 Raqs Sharqi, Middle Eastern Dance, V</p> <p>11-12 Poetry Group IP</p> <p>12:30-1:30 "Holistic Psychologist" Podcast Hour V</p> <p>2:30-3:30 Voices & Visions IP</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.</p> <p style="text-align: center;">(805) 541-6813 V—Virtual Group IP—In Person</p>	<p><i>"Let our New Year's resolution be this: We will be there for one another as fellow members of humanity, in the finest sense of the word."</i></p> <p style="text-align: right;">-Goran Persson</p>