Hope House November 2026

TMHA Transitions-Mental Health Association

DIVERSE INCLUSIVE ACCEPTING WELCOMING SAFE SPACE FOR EVERYONE

CENTRAL COAST HOTLINE (800) 783-0607 24/7

(805) 801 3536

hopehouse@t-mha.org

Monday	Tuesday	Wednesday	Thursday	Friday
2 **12-1 Understanding Anger IP** 1-2 Victory Over OCD H 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional V 5-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	3 9:30-10:30 Stroll for the Soul IP 10:30-11:30 Self Compassion Group IP 11:30-12:30 Men's Group H 12:30-1:30 Gentle Yoga IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	4 9:30-10:30 Gardening Group IP 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H **12:30-1:30 LGBTQ+ Group IP** 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H	5 9-10 Women's Group V **10-11:30 Lunch with Friends IP** 11:30-12:30 Poetry & Journal IP **1-2 Job Seekers Workshop H** 2:30-4 Dr. Moreno's Group IP	6 9:30-10:30 Coffee & Contemplation IP 10:30-12:30 Music Sharing: Documentary H **1-2 Ambassador Check-In IP** 3-4 Dual Recovery Anon. V
9 **12-1 Understanding Anger IP** 1-2 Victory Over OCD H 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional V 5-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	10 9:30-10:30 Stroll for the Soul IP 10:30-11:30 Self Compassion Group IP 11:30-12:30 Men's Group H 12:30-1:30 Gentle Yoga IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H **3:15-4:15 Peace with Food & Body H**	11 9:30-10:30 Gardening Group IP 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H **12:30-1:30 LGBTQ+ Group IP** 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H **3:30-4:30 PAAT Meeting IP**	12 9-10 Women's Group V 9:30-10-:30 Art & Chill IP 10:30-11:30 Board Games IP 11:30-12:30 Poetry & Journal IP **1-2 Job Seekers Workshop H** 2:30-4 Dr. Moreno's Group IP	13 **CENTER CLOSED FOR STAFF DEVELOPMENT DAY** 3-4 Dual Recovery Anon. V
16 **12-1 Understanding Anger IP** 1-2 Victory Over OCD H 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional V 5-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	17 **9:30-11:30 Self compassion Group: Tree of gratitude IP** **12-2 pm TMHA Thanksgiving Feast IP** **(rsvp for a ride van leaves 11:30am)** 2-3 Dual Recovery Anon. V	18 9:30-10:30 Gardening Group IP 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H **12:30-1:30 LGBTQ+ Group IP** 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H	19 9-10 Women's Group V 9:30-10-:30 Art & Chill IP 10:30-11:30 Board Games IP 11:30-12:30 Poetry & Journal IP **1-2 Job Seekers Workshop H** 2:30-4 Dr. Moreno's Group IP	20 9:30-10:30 Coffee & Contemplation IP 10:30-12 Music Sharing H **12-1:30 Center Care & Planning IP** 3-4 Dual Recovery Anon. V
23 **12-1 Understanding Anger IP** 1-2 Victory Over OCD H 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional V 5-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	24 9:30-10:30 Stroll for the Soul IP 10:30-11:30 Self Compassion Group IP 11:30-12:30 Men's Group H 12:30-1:30 Gentle Yoga IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H **3:15-4:15 Peace with Food & Body H**	25 9:30-10:30 Gardening Group IP 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H **12:30-1:30 LGBTQ+ Group IP** 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H **3:30-4:30 PAAT Meeting IP**	26 **CENTER CLOSED** **HAPPY THANKSGIVING!**	27 **CENTER CLOSED** **HAPPY THANKSGIVING!**
30 **12-1 Understanding Anger IP** 1-2 Victory Over OCD H 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional V 5-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP		**Call for login info or to sign up as a new member.** (805) 801 3536 **V—Virtual Group** **IP—In Person** **H—Virtual & In Person**	**Events may change.** If you are feeling sick or are experiencing cold/flu symptoms, please stay home and join one of our virtual groups	