



# Hope House December 2021

SLO Wellness Center (805) 541-6813  
1306 Nipomo Street, SLO, CA

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Call for login info or to sign up as a new member.</b> <b>(805) 541-6813</b></p> <p>V—Virtual Group OI—Outdoor, In Person IP—Indoor, In Person Events may change.</p>	<p>Please attend virtual groups if you have symptoms of or have been exposed to Covid.</p> <p>For Indoor In Person Groups (IP), please present proof of vaccination or a negative Covid test (within 7 days prior to attending).</p>	<p><b>1</b> 10-11 Anxiety Support Group V 1-2 Written Expressions V</p> <hr/> <p>11:00-12:00 Calendar Planning Community Meeting IP</p> <p>12:30-1:30 Finding Your Spark! IP</p> <p><b>2-4 Deck the Hope House Halls IP</b></p>	<p><b>2</b> 10-11 Financial Mindfulness V 11:30-12:30 PTSD Group V 3-4 YA Support Group V</p> <hr/> <p>12:00-2 Artistic Expressions IP</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p><b>3</b> 11:30-12:30 Building Strengths V 12:30-1:30 Bipolar Group V 3-4 Dual Recovery Anon. V</p> <hr/> <p>9:30- 10:30 Coffee Talk IP</p>
<p><b>6</b> 9:30-11 Mens' Support Group V 10-11 Anger Management Support Group V 12:30-2 Music Sharing V</p> <hr/> <p>3-4:30 Gardening Group OI</p>	<p><b>7</b> 10-11 Poetry Group V 11:30-12:30 Voices and Visions V 12:30-1:30 Yoga for Anxiety &amp; Depression V 2-3 Joy on Purpose! Strategies for Social Anxiety V</p>	<p><b>8</b> 10-11 Anxiety Support Group V 1-2 Written Expressions V</p> <hr/> <p>12:30-1:30 Finding Your Spark! IP</p> <p><b>2-4 Deck the Hope House Halls IP</b></p>	<p><b>9</b> 10-11 Financial Mindfulness V 11:30-12:30 PTSD Group V 3-4 YA Support Group V</p> <hr/> <p>12:00-2 Artistic Expressions: Ornament Making IP</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p><b>10</b> 11:30-12:30 Building Strengths V 12:30-1:30 OCD Group V 3-4 Dual Recovery Anon. V</p> <hr/> <p>9:30- 10:30am Coffee Talk IP</p>
<p><b>13</b> 9:30-11 Mens' Support Group V 10-11 Anger Management Support Group V 11:30-12:30 Depression &amp; Anxiety V 2:30-3:30 Exploring Emotions V</p> <hr/> <p>12:30-2 Music Sharing IP</p> <p>3-4:30 Gardening Group OI</p>	<p><b>14</b> 10-11 Journaling Group V 11:30-12:30 Voices and Visions V 12:30-1:30 Yoga for Anxiety &amp; Depression V 2-3 Joy on Purpose! Strategies for Social Anxiety V 9:30-10:30 Walking Group OI 3:30-4:30 7 Signs of Burn Out With Jay Shetty (Podcast) IP</p>	<p><b>15</b> 10-11 Anxiety Support Group V 1-2 Written Expressions V</p> <hr/> <p>11:00-12:00 Chat &amp; Chew IP</p> <p>12:30-1:30 Finding Your Spark! IP</p> <p><b>2-4 Movie: "The Grinch," RSVP IP</b></p>	<p><b>16</b> 3-4 YA Support Group V</p> <hr/> <p>12:00-2 Artistic Expressions: Pressed Flower Lanterns IP</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p>3-4 Dual Recovery Anon. V</p> 
<p><b>20</b> 9:30-11 Mens' Support Group V 10-11 Anger Management Support Group V 11:30-12:30 Depression &amp; Anxiety V</p> <hr/> <p>12:30-2 Music Sharing IP</p>	<p><b>21</b> 10-11 Poetry Group V 12:30-1:30 Yoga for Anxiety &amp; Depression V 2-3 Joy on Purpose! Strategies for Social Anxiety V</p> <hr/> <p>9:30-10:30 Walking Group OI 3:30-4:30 Patio Pictionary OI</p>	<p><b>22</b> 1-2 Written Expressions V</p> <hr/> <p>11:00-12:00 Chat &amp; Chew IP</p> <p>12:30-1:30 Finding Your Spark! IP</p>	<p><b>23</b> 10-11 Financial Mindfulness V 11:30-12:30 PTSD Group V</p> <hr/> <p>12:00-2 Artistic Expressions: Holiday Greeting Cards IP</p>	<p><b>11-3 Member Appreciation Deliveries</b></p> <p>3-4 Dual Recovery Anon. V</p>
<p><b>27</b> 9:30-11 Mens' Support Group V 10-11 Anger Management Support Group V 11:30-12:30 Depression &amp; Anxiety V 2:30-3:30 Exploring Emotions V</p> <hr/> <p>12:30-2 Music Sharing IP</p> <p>3-4:30 Gardening Group OI</p>	<p><b>28</b> 10-11 Journaling Group V 11:30-12:30 Voices and Visions V 12:30-1:30 Yoga V 2-3 Joy on Purpose! Strategies for Social Anxiety V</p> <hr/> <p>9:30-10:30 Walking Group OI 3:30-4:30 Podcast: 8 Principles of Communication to Improve Your Relationship, With Jay Shetty, IP</p>	<p><b>29</b> 10-11 Anxiety Support Group V 1-2 Written Expressions V</p> <hr/> <p>11:00-12:00 Chat &amp; Chew IP</p> <p>12:30-1:30 Finding Your Spark! IP</p> <p><b>2-4 SLO Mural Walk IP</b></p>	<p><b>30</b> 10-11 Financial Mindfulness V 11:30-12:30 PTSD Group V 3-4 YA Support Group V</p> <hr/> <p>12:00-2 Artistic Expressions: Acrylic Paints IP</p>	<p><b>31</b> 11:30-12:30 Building Strengths V 3-4 Dual Recovery Anon. V</p> <p><b>6:30- 8 New Year's Eve Music Sharing &amp; Open Mic</b></p> <hr/> <p>9:30- 10:30 Coffee Talk IP</p> <p><b>12:30-1:30 A Year in Review IP</b></p>