



Hope House

February 2018

SLO Wellness Center Hope House
1306 Nipomo St (805) 541-681

Monday	Tuesday	Wednesday	Thursday	Friday
<p>One on One Computer Classes Available by Appointment Call Hope House to Schedule</p> 	<p>Life happens! Some events/activities subject to change</p>		<p>Please arrive on time as the door will be locked after a 10 minute grace period. Call us to tour Hope House and become a Member! (805) 541-6813</p>	<p>1 11-12 Health & Wellness Group 12-1 Mindful Meditation 1-3 Groundhog Day Movie</p> 
<p>4 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing 1:30-3:30 Plant Christmas Tree @ Laguna Lake (RSVP) 6-7 Healing Depression</p>	<p>5 10-11 Voices & Visions Support Group 11-12 Exploring Personal Strengths 12-1 Center Clean Up 1-2 Mindful Meditation 2:30-4:30 Young Adult Group -Video Games & Pizza</p>	<p>6 Center opens @ 2pm 2-4 Ted Talk & Discussion 4-5:30 Dinner for Journey of Hope Participants (RSVP) 5:30-8:30 Journey of Hope (RSVP)</p>	<p>7 10-11 Anger Management 11-12 Bipolar Support Group 12-1 Chat & Chew 1-2 Coping with Loss 2:30-4:00 Dr. Moreno's Group</p>	<p>8 11-12 Health & Wellness Group 12-1 Mindful Meditation 1-3 Outing to Cal Poly (RSVP)</p>
<p>11 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing 1:30-3:30 Avila Hike-(RSVP) 6-7 Healing Depression</p>	<p>12 10-11 Voices & Visions Support Group 11-12 Art Therapy w/ Jessica 12-1 Center Clean Up 1-2 Mindful Meditation 2-4 Homemade Marshmallows</p>	<p>13 Pajama Day @ Hope House  10-11 Peppermint Mocha Social Hour 11-12 Yoga with Leah 12-1 Coping w/ Loneliness 1-4 Movie and Game Day</p>	<p>14 10-11 Anger Management 11-12 Bipolar Support Group 12-1 Chat & Chew 1-2 Coping with Loss 2:30-4:00 Dr. Moreno's Group</p>	<p>15  11-12 Health & Wellness Group 12-3 Valentines Day Collaboration Party w/ Safe Haven & Life House</p>
<p>18 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing 1:30-3:30 Target Outing (RSVP) 6-7 Healing Depression</p>	<p>19 10-11 Voices & Visions Support Group 11-12 Mindful Meditation 12-4 Outing to Movie Theater (RSVP) Bring \$5 </p>	<p>20 9:30-3:30 (RSVP) Day in Solvang Visit Ostrich Farm Mini Horses Bring Packed Lunch</p>	<p>21 10-11 Anger Management 11-12 Bipolar Support Group 12-1 Chat & Chew 1-2 Coping with Loss 2:30-4 Dr. Moreno's Group</p>	<p>22 11-12 Health & Wellness Group 12-1 Mindful Meditation 1-3 Learn to Make Ghee Clarified Butter </p>
<p>25 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing 1:30-3:30 Terrace Hill Hike (RSVP) 6-7 Healing Depression</p>	<p>26 10-11 Voices & Visions Support Group 11-12 Exploring Personal Strengths 12-3 T-MHA Open Art Studios (RSVP)</p>	<p>27 9-10 Walking for Wellness 10-11 Social Hour 11-12 Yoga with Leah 12-1 Center Clean Up/Drills/Checklists  1-4 Make your own Pizza!</p>	<p>28 10-11 Anger Management 11-12 Bipolar Support Group 12-1 Chat & Chew 1-2 Coping with Loss 2:30-4 Dr. Moreno's Group</p>	