

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 9-10 Walking for Wellness 10-11 Social Hour 11-12 Yoga w/ Colleen 12-1 Calendar Planning 1-4 Documentary, Discussion & Popcorn 	3 10-11 Anger Management 11-12 Bipolar Support Group 12-1 Chat & Chew 1-2 Coping with Loss 2-4 Vision Boards for New Year <i>Dr. Moreno's Group Canceled</i>	4 11-12 Health & Wellness Group 12-1 Guided Meditation  1-3 Back in Time – Bring a picture of you as a young child
7 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing 1:30-3:30 Plant Christmas Tree @ Laguna Lake Park (RSVP)  6-7 Healing Depression	8 10-11 Voices & Visions Support Group 11-12 Art Therapy w/ Jessica 12-1 Mac n Cheese Planning Session 1-2 Mindful Meditation 2-4 Nature Art w/ Gary	9 9-1 Avila Hot Springs (RSVP) & bring \$5 1-2 Coping w/ Anxiety 2-4 Bake Cookies 	10 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	11 10:30-12 Prep Mac & Cheese 12-3 Mac & Cheese Fest & Speed Friending (RSVP)  Collaboration with Life House & Safe Haven
14 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing 1:30-3:30 Monarch Butterfly Grove (RSVP)  6-7 Healing Depression	15 10-11 Voices & Visions Support Group 11-12 Journaling Group 12-1 Center Clean Up 1-4 Learn to Make Sushi Rolls 	16 9-10 Walking for Wellness 10-11 Mulled Apple Cider Social Hour  11-12 Yoga w/ Colleen 12-1 Coping w/ Anxiety 1-2 Poetry Group 2-4 Board Games	17 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	18 11-12 Health & Wellness Group 12-1 Guided Meditation 1-3 Abstract Acrylic Art w/ Jeannie
21 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing 1:30-3:30 Railroad Trail Walk (RSVP) 6-7 Healing Depression	22 10-11 Voices & Visions Support Group 11-12 Coping with Loneliness 12-1 Center Clean Up/Drills/Checklists 1-2 Mindful Meditation 2-4 Self Compassion Activity	23 8-4 Big Sur Limekiln Trip (RSVP) Bring Packed lunch & Walking Shoes 	24 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	25  
28 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing 1:30-3:30 Outing to Pismo Pier (RSVP) 6-7 Healing Depression	29 10-11 Voices & Visions Support Group 11-12 Journaling Group 12-1 Center Clean Up 1-2 Mindful Meditation w/ Gary 2:30-4:30 Young Adult Art Night	30 9-10 Walking for Wellness 10-11 Social Hour 11-12 Yoga w/ Colleen 12-1 Coping with Anxiety 1-2 Poetry Group 2-4 Movie 	31 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>Please arrive on time as the door will be locked after a 10 minute grace period.</p> <p>Call us to tour Hope House and become a Member!</p>