




Hope House January 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9:30-11 Mens' Support Group, V 10-11 Anger Management Support Group, V 11-12 Depression & Anxiety, V 12:30-2 Music Sharing IP 2:30-3:30 Exploring Emotions, V 3-4:30 Gardening Group OI</p>	<p>4 9:30-10:30 Walking Group OI 10-11 Poetry Group, V 10 Raqs Sharqi, Joy of Mid-Eastern Dance (SH), V 11:30-12:30 Voices and Visions, V 12:30-1:30 Yoga for Anxiety&Depression, V 2-3 Joy on Purpose! Strategies for Social Anxiety, V 3-5 NAMI Peer2Peer w/Victoria, V</p>	<p>5 1-2 Written Expressions, V 2:30-3:30 Podcast: "3 Deep Insecurities & 3 Steps to Overcome", IP</p>	<p>6 12:00-2 Artistic Expressions: 2022 Dream Boards IP 2:30-4 Dr. Moreno's Group IP 3-4 YA Support Group, V</p>	<p>7 9:30- 10:30 Coffee Talk IP 11:30-12:30 Building Strengths, V 12:30-1:30 Bipolar Group, V 3-4 Dual Recovery Anon., V</p>
<p>10 9:30-11 Mens' Support Group, V 10-11 Anger Management Support Group, V 11-12 Depression & Anxiety, V 12:30-2 Music Sharing IP 2:30-3:30 Exploring Emotions, V 3-4:30 Gardening Group OI</p>	<p>11 9:30-10:30 Walking Group OI 10-11 Journaling Group, V 10 Raqs Sharqi, Joy of Mid-Eastern Dance (SH), V 11:30-12:30 Voices and Visions, V 12:30-1:30 Yoga for Anxiety&Depression, V 2-3 Joy on Purpose! Strategies for Social Anxiety, V 3-5 NAMI Peer-to-Peer w/Victoria</p>	<p>12 10-11 Anxiety Support Group, V 11:00-12:00 Chat & Chew OI 12:30-1:30 Finding Your Spark, IP 1-2 Written Expressions, V 2:30-3:30 Matinee: "Welcome to Earth"</p>	<p>13 10-11 Financial Mindfulness, V 11:30-12:30 PTSD Group, V 12:00-2 Artistic Expressions: Charcoal Art IP 2:30-4 Dr. Moreno's Group IP 3-4 YA Support Group, V</p>	<p>14 9:30- 10:30 Coffee Talk IP 11:30-12:30 Building Strengths, V 12:30-1:30 OCD Group, V 3-4 Dual Recovery Anon., V</p>
<p>17 9:30-11 Mens' Support Group, V 10-11 Anger Management Support Group, V 11-12 Depression & Anxiety, V 12:30-2 Music Sharing IP 2:30-3:30 Exploring Emotions 3-4:30 Gardening Group OI</p>	<p>18 9:30-10:30 Walking Group OI 10-11 Poetry Group, V 10 Raqs Sharqi, Joy of Mid-Eastern Dance (SH), V 11:30-12:30 Voices and Visions, V 12:30-1:30 Yoga for Anxiety&Depression, V 2-3 Joy on Purpose! Strategies for Social Anxiety, V 3-5 NAMI Peer-to-Peer w/Victoria</p>	<p>19 10-11 Anxiety Support Group, V 11:00-12:00 Chat & Chew OI 12:30-1:30 Finding Your Spark, IP 1-2 Written Expressions, V 5-7 Virtual Cook-along: Lasagna & Garlic Bread **RSVP**</p>	<p>20 10-11 Financial Mindfulness, V 11:30-12:30 PTSD Group, V 12:00-2 Artistic Expressions: Self Portraits IP 2:30-4 Dr. Moreno's Group IP 3-4 YA Support Group, V</p>	<p>21 3-4 Dual Recovery Anon., V</p>
<p>24 9:30-11 Mens' Support Group, V 10-11 Anger Management Support Group, V 11-12 Depression & Anxiety, V 12:30-2 Music Sharing IP 2:30-3:30 Exploring Emotions, V 3-4:30 Gardening Group OI</p>	<p>25 9:30-10:30 Walking Group OI 10-11 Journaling Group, V 10 Raqs Sharqi, Joy of Mid-Eastern Dance (SH), V 11:30-12:30 Voices and Visions, V 12:30-1:30 Yoga for Anxiety&Depression, V 2-3 Joy on Purpose! Strategies for Social Anxiety, V 3-5 NAMI Peer-to-Peer w/Victoria</p>	<p>26 10-11 Anxiety Support Group, V 11:00-12:00 Chat & Chew OI 12:30-1:30 Finding Your Spark, IP 1-2 Written Expressions, V 4-5 "Justin Bieber's Secrets to Calm", IP</p>	<p>27 10-11 Financial Mindfulness, V 11:30-12:30 PTSD Group, V 12:00-2 Artistic Expressions: Stepping Stones IP 2:30-4 Dr. Moreno's Group IP 3-4 YA Support Group, V</p>	<p>28 9:30- 10:30 Coffee Talk IP 11:30-12:30 Building Strengths, V 12:30-1:30 OCD Group, V 3-4 Dual Recovery Anon., V</p>
<p>31 9:30-11 Mens' Support Group, V 10-11 Anger Management Support Group, V 11-12 Depression & Anxiety, V 12:30-2 Music Sharing IP 2:30-3:30 Exploring Emotions, V 3-4:30 Gardening Group OI</p>	<p>Call for login info or to sign up as a new member. (805) 541-6813 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. For Indoor In Person Groups (IP), please present proof of Covid vaccination or a negative Covid test (within 7 days prior to attending).</p>	<p>For on-going health and safety, we ask anyone who has experienced recent symptoms of Covid-19 to participate in virtual groups.</p>	<p>Find us on the Web  www.TMHA.org</p>