

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30-11:30 Women's Group IP 11:30-12:30 Mindful Meditation IP 1-2:30 Music Sharing V&IP 5:30-6:30 Support for Suicide Attempt Survivors, V 6-7 Healing Depression IP	2 9:30-10:30 Stroll for the Soul (Walking Group) IP 11-12 Poetry Group IP 12-2: WRAP (RSVP, 8 week course) IP 2-3 Dual Recovery Anon., V 2-3 Voices & Visions IP 3-4 Hospice Grief Support, V	3 9:30-10:30 Befriending Emotions V&IP 10:45-11:45 Anxiety & Depression, V 11:30-12:30 Self Compassion Circle V&IP 1:30-2:30 Living Well w/Bipolar V 3-4 Hope House Huddle IP	4 9:30-10:30 Journal & Reflect IP 1-2 Sharpening Social Skills IP 2-3 Voices & Visions (hosted by LH), V 2:30-4 Dr. Moreno's Group IP	5 10-11 Coffee & Contemplation IP 11-12 Gratitude Group V&IP 12:30-2:30 Member Celebrations IP 3-4 Dual Recovery Anon., V
8 10:30-11:30 Women's Group IP 11:30-12:30 Book Club IP 1-2:30 Traffic Records (RSVP) IP 5:30-6:30 Support for Suicide Attempt Survivors, V 6-7 Healing Depression IP	9 9:30-10:30 Stroll for the Soul (Walking Group) IP 11-12 Imagination Station IP 12-2: WRAP (RSVP, 8 week course) IP 2-3 Dual Recovery Anon., V 2-3 Voices & Visions IP 3-4 Hospice Grief Support, V	10 9:30-10:30 Befriending Emotions V&IP 10:45-11:45 Anxiety & Depression, V 11:30-12:30 Self Compassion Circle V&IP 1:30-2:30 Living Well w/Bipolar V 3-4 Gardening Group IP	11 9:30-10:30 Journal & Reflect IP 1-2 SMART Goals IP 2-3 Voices & Visions (hosted by LH), V 2:30-4 Dr. Moreno's Group IP 4:30-6 Grupo de bienestar emocional IP Español	12 10-11 Coffee & Contemplation IP 11-12 LGBTQ+ Group IP 12:30-2:30 Parallel Play: Music 3-4 Dual Recovery Anon., V
15 10-11 Anger Management Support Group V 10:30-11:30 Women's Group IP 11:30-12:30 Mindful Meditation IP 1-2:30 Music Sharing V&IP 5:30-6:30 Support for Suicide Attempt Survivors, V 6-7 Healing Depression IP	16 9:30-10:30 Stroll for the Soul (Walking Group) IP 11-12 Poetry Group IP 12-2: WRAP (RSVP closed) IP 2-3 Dual Recovery Anon., V 2-3 Voices & Visions IP 3-4 Hospice Grief Support, V	17 9:30-10:30 Befriending Emotions V&IP 10:45-11:45 Anxiety & Depression, V 11:30-12:30 Self Compassion Circle V&IP 1:30-2:30 Living Well w/Bipolar V 3-4 Art and Chill IP	18 9:30-10:30 Journal & Reflect IP 11-2 Summer BBQ @ Cuesta Park OIP (RSVP by 7/12) 2-3 Voices & Visions (hosted by LH), V 2:30-4 Dr. Moreno's Group IP	19 10-11 Coffee & Contemplation IP 11-12 Gratitude Group IP 12:30-2:30 Community Cooking Class IP 3-4 Dual Recovery Anon., V
22 10-11 Anger Management Support Group V 10:30-11:30 Women's Group IP 11:30-12:30 Book Club IP 1-2:30 Music Sharing V&IP 6-7 Healing Depression IP	23 9:30-10:30 Stroll for the Soul (Walking Group) IP 11-12 Imagination Station: SLO Library (RSVP) IP 12-2: WRAP (RSVP closed) IP 2-3 Dual Recovery Anon., V 2-3 Voices & Visions IP 3-4 Hospice Grief Support, V	24 9:30-10:30 Befriending Emotions V&IP 10:45-11:45 Anxiety & Depression, V 11:30-12:30 Self Compassion Circle V&IP 1:30-2:30 Living Well w/Bipolar V 3-4 Gardening Group IP	25 9:30-10:30 Journal & Reflect IP 1-2 Sharpening Social Skills IP 2-3 Voices & Visions (hosted by LH), V 2:30-4 Dr. Moreno's Group IP 4:30-6 Grupo de bienestar emocional IP Español	26 10-11 Coffee & Contemplation IP 11-12 LGBTQ+ Group IP 12:30-2:30 Bowling @ Mustang Lanes IP 3-4 Dual Recovery Anon., V
29 10-11 Anger Management Support Group V 10:30-11:30 Women's Group IP 5:30-6:30 Support for Suicide Attempt Survivors, V 6-7 Healing Depression IP	30 9:30-10:30 Stroll for the Soul (Walking Group) IP 11-12 Imagination Station IP 12-2: WRAP (RSVP closed) IP 2-3 Dual Recovery Anon., V 2-3 Voices & Visions IP 3-4 Hospice Grief Support, V	31 9:30-10:30 Befriending Emotions V&IP 10:45-11:45 Anxiety & Depression, V 11:30-12:30 Self Compassion Circle V&IP 1:30-2:30 Living Well w/Bipolar V 3-4 Karaoke IP	"Release judgement, replace it with loving kindness. Release pressure replace it with care. Release comparison, replace it with gratitude." -Cleo Wade	"Be Here. Be You. Belong." -Brené Brown