

Monday	Tuesday	Wednesday	Thursday	Friday
<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! (805) 541-6813</p>		<p>Life happens!</p> <p>Some events/ activities subject to change</p>	<p>March is Self Harm Awareness Month</p> 	<p>1</p> <p>Center Closed for Team Training See you Monday</p>
<p>4 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing 1:30-3:30 Thrift Store Outing (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 2-4 Movie Club (All welcome!)</p>	<p>6 9-10 Walking for Wellness 10-12 Breakfast Burritos & Calendar Planning  12-1 Coping w/ Anxiety 1-2 Poetry Group 2-4 Board Game Fun</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 Mandala Coloring down by the creek</p>
<p>11 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing 1:30-3:30 Avila Pier Outing (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 2-3 Kombucha and Fire Cider 3-4 Wii Bowling</p>	<p>13 9-10 Walking for Wellness 10-11 Hot Chocolate Social Hour  11-12 Yoga with Leah 12-1 Coping w/ Loneliness 1-2 Therapeutic Art w/ Melissa 2-4 Young Adult Group: Homemade Tortillas and Tacos</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 12-1 Mindful Meditation 1-3 Sleep Support Group Making homeopathic sleep aids for World Sleep Day</p>
<p>18 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing 1:30-3:30 St Patty's Day Celebration: Shamrock Shakes 6-7 Healing Depression</p>	<p>19 10-11 Voices & Visions Support Group 11-1 Meditation & Picnic @ park (Bring Lunch) 1-2 Mindful Meditation 2-4 Movie Club Presents: "Source Code"</p>	<p>20 9-10 Walking for Wellness 10-11 Social Hour 11-12 Coping w/ Anxiety 12-1 Goodbye Hannah Party  1-4 Mini Golf Outing Bring \$5 (RSVP)</p>	<p>21 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>22 11-12 Health & Wellness Group 12-3 Bob Jones Trail Walk (RSVP)</p>
<p>25 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing 1:30-3:30 Morro Bay Outing (RSVP) 6-7 Healing Depression</p>	<p>26 10-11 Voices & Visions Support Group 11-12 Exploring Personal Strengths 12-1 Center Clean Up/Checklists/Drills  1-2 Mindful Meditation 2-4 Make Homemade Bread</p>	<p>27 9-10 Walking for Wellness 10-11 Social Hour 11-12 Yoga with Leah 12-1 Coping w/ Loneliness 1-2 Poetry Group 2-4 Board Game Fun</p>	<p>28 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>29 11-12 Health & Wellness Group 12-1 Mindful Meditation 1-3 Abstract Art Group</p> 