



Hope House March 2025



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 CENTER CLOSED</p> <p>10-11 Anger Management Support Group V</p> <p>3-4 Build Your Skills V</p> <p>5:30-6:30 Support for Suicide Attempt Survivors, V</p> <p>6-7 Healing Depression IP</p>	<p>4 9:30-10:30 Stroll for the Soul (Walking Group) IP</p> <p>11-12 Art & Chill IP</p> <p>12:30-1:30 Center Beautifying IP</p> <p>2-3 Dual Recovery Anon., V</p> <p>2-3 Voices & Visions V</p>	<p>5 10:45-11:45 Anxiety & Depression, V</p> <p>11:30-12:30 Self Compassion Circle V&IP</p> <p>1:30-2:30 Living Well w/ Bipolar V&IP</p>	<p>6 9:30-10:30 Gentle Yoga IP</p> <p>11:30-12:30 Poetry Group IP</p> <p>1-2 Sharpening Social Skills IP</p> <p>2-3 Voices & Visions (LH), V</p> <p>2:30-4 Dr. Moreno's Group IP</p> <p>3-4 Hospice Grief Support, V (LH)</p> <p>4-5 LGBTQ+ Group V&IP</p>	<p>7 10-11 Coffee & Contemplation IP</p> <p>11-12 Victory Over OCD IP</p> <p>12:30-2:30 Member Celebrations IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>10 10-11 Anger Management Group V</p> <p>11:30-12:30 Book Club IP</p> <p>1-2:30 Music Sharing V&IP</p> <p>3-4 Build Your Skills V</p> <p>5:30-6:30 Support for Suicide Attempt Survivors, V</p> <p>6-7 Healing Depression IP</p>	<p>11 9:30-10:30 Stroll for the Soul (Walking Group) IP</p> <p>11-12:30 Snacks for Center Prep IP</p> <p>12:30-1:30 Gardening Group IP</p> <p>2-3 Dual Recovery Anon., V</p> <p>2-3 Voices & Visions V</p> <p>3-4:30 PAAT Meeting TMHA Office V&IP</p>	<p>12 10:45-11:45 Anxiety & Depression, V</p> <p>11:30-12:30 Befriending Emotions V&IP</p> <p>1:30-2:30 Living Well w/ Bipolar V&IP</p>	<p>13 9:30-10:30 Gentle Yoga IP</p> <p>11:30-12:30 Journal and Reflect IP</p> <p>1-2 SMART Goals IP</p> <p>2-3 Voices & Visions (LH), V</p> <p>2:30-4 Dr. Moreno's Group IP</p> <p>3-4 Hospice Grief Support, V (LH)</p> <p>4:30-6 Grupo de bienestar emocional V&IP</p>	<p>14 10-11 Coffee & Contemplation IP</p> <p>11-12 Open House Planning IP</p> <p>12:30-2:30 Free Little Pantry Lunch Making IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>17 10-11 Anger Management Group V</p> <p>11:30-12:30 Mindful Meditation IP</p> <p>1-2:30 Music Sharing V&IP</p> <p>3-4 Build Your Skills V</p> <p>5:30-6:30 Support for Suicide Attempt Survivors, V</p> <p>6-7 Healing Depression IP</p>	<p>18 9:30-10:30 Stroll for the Soul (Walking Group) IP</p> <p>11-12 Art and Chill IP</p> <p>12:30-1:30 Center Beautifying IP</p> <p>2-3 Dual Recovery Anon., V</p> <p>2-3 Voices & Visions V</p>	<p>19 10:45-11:45 Anxiety & Depression, V</p> <p>11:30-12:30 Self Compassion Circle V&IP</p> <p>1:30-2:30 Living Well w/ Bipolar V&IP</p>	<p>20 9:30-10:30 Gentle Yoga IP</p> <p>11:30-12:30 Poetry Group IP</p> <p>1-2 Sharpening Social Skills IP</p> <p>2-3 Voices & Visions (LH), V</p> <p>2:30-4 Dr. Moreno's Group IP</p> <p>3-4 Hospice Grief Support, V</p> <p>4-5 LGBTQ+ Group V&IP</p>	<p>21 10-11 Coffee & Contemplation IP</p> <p>11-12 Victory Over OCD IP</p> <p>12:30-2:30 Community Cooking Class IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>24 10-11 Anger Management Support Group V</p> <p>11:30-12:30 Book Club IP</p> <p>1-2:30 Music Sharing V&IP</p> <p>3-4 Build Your Skills V</p> <p>5:30-6:30 Support for Suicide Attempt Survivors, V</p> <p>6-7 Healing Depression IP</p>	<p>25 9:30-10:30 Stroll for the Soul (Walking Group) IP</p> <p>11-12:30 Snacks for Center Prep IP</p> <p>12:30-1:30 Gardening Group IP</p> <p>2-3 Dual Recovery Anon., V</p> <p>2-3 Voices & Visions V</p> <p>3-4:30 PAAT Meeting TMHA Office V&IP</p>	<p>26 10:45-11:45 Anxiety & Depression, V</p> <p>11:30-12:30 Befriending Emotions V&IP</p> <p>1:30-2:30 Living Well w/ Bipolar V&IP</p> <p>4-5 Ambassador Training IP</p>	<p>27 9:30-10:30 Gentle Yoga IP</p> <p>11:30-12:30 Journal and Reflect IP</p> <p>1-2 SMART Goals IP</p> <p>2-3 Voices & Visions (LH), V</p> <p>2:30-4 Dr. Moreno's Group IP</p> <p>3-4 Hospice Grief Support, V (LH)</p> <p>4:30-6 Grupo de bienestar emocional V&IP</p>	<p>28 10-11 Coffee & Contemplation IP</p> <p>11-12 Open House Planning IP</p> <p>12:30-2:30 Unity Event: Bob Jones Stroll IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>31 10-11 Anger Management Support Group V</p> <p>11:30-12:30 Mindful Meditation IP</p> <p>1-2:30 Music Sharing V&IP</p> <p>3-4 Build Your Skills V</p> <p>5:30-6:30 Support for Suicide Attempt Survivors, V</p> <p>6-7 Healing Depression IP</p>	<p>Call for Zoom login info or to sign up as a new member.</p> <p>HOPE HOUSE SLO: (805) 541-6813</p> <p>(SH) SAFE HAVEN ARROYO GRANDE: (805)489-9659</p> <p>(LH) LIFE HOUSE ATASCADERO: (805)464-0512</p>	<p>V—Virtual Group IP—In Person</p> <p>Events may change.</p> <p>If you are feeling sick or are experiencing cold/flu symptoms, please stay home and join one of our virtual groups.</p>	<p>HOPE HOUSE WELLNESS CENTER</p> <p>1306 NIPOMO ST.</p> <p>SAN LUIS OBISPO, CA 93401</p>	<p>“There is not a single conversation that kindness cannot make infinitely better”</p> <p>—Cleo Wade</p>