






# Hope House November 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b> 10-11 Anger Management Support Group, Virtual 9:30-11 Mens' Support Group 11-12 Depression &amp; Anxiety Support 12:30-2 Music Sharing <b>OI</b> 2:30-3:30 Exploring Emotions 3-4:30 Gardening Group <b>OI</b></p>	<p><b>2</b> 12:30-1:30 Yoga for Anxiety &amp; Depression, IP+V 2-3 Joy on Purpose! Strategies for Social Anxiety <b>OI</b></p>	<p><b>3</b> 10-11 Cultivating Self-Compassion 11:30-12:30 Chat and Chew <b>OI</b> 1-2 Written Expressions 3:30-4:30 Finding Your Spark! 6-7 Depression and Anxiety Support, Virtual</p>	<p><b>4</b> 12:30-2 Artistic Expressions <b>OI</b> 2:30-4 Dr. Moreno's Group 3-4 YA Support Group, Virtual</p>	<p><b>5</b> <b>11-12 1-on-1 Peer Support</b> 12-1 Building Our Strengths 1:30-2:30 Bipolar Group 3-4 Dual Recovery Anon.</p>	
<p><b>8</b> 10-11 Anger Management Support Group, Virtual 9:30-11 Mens' Support Group 11-12 Depression &amp; Anxiety Support 12:30-2 Music Sharing <b>OI</b> 2:30-3:30 Exploring Emotions 3-4:30 Gardening Group <b>OI</b></p>	<p><b>9</b> 9:30-10:30 Walking Group <b>OI</b> 11-12 Voices and Visions 12:30-1:30 Yoga for Anxiety &amp; Depression, IP+V 2-3 Joy on Purpose! Strategies for Social Anxiety <b>OI</b> <b>6:00-7:30 Healing Diverse Communities Forum</b></p>	<p><b>10</b> 10-11 Cultivating Self-Compassion 11:30-12:30 Calendar Planning &amp; Community Meeting <b>OI</b> 1-2 Written Expressions 2-3 Talking About Suicide 6-7 Depression and Anxiety Support, Virtual</p>	<p><b>11</b> 11:00-12:00 Financial Mindfulness 2:30-4 Dr. Moreno's Group 3-4 YA Support Group, Virtual</p>	<p><b>12</b> <b>11-12 Outdoor Games OI</b> 12-1 Building Our Strengths 1:30-2:30 OCD Group 3-4 Dual Recovery Anon.</p>	<p><b>13</b> 1-2:30 Women's Group, Virtual 2:30-4 Insight-Out: Journaling &amp; Storyboards, Virtual</p>
<p><b>15</b> 10-11 Anger Management Support Group, Virtual 9:30-11 Mens' Support Group 11-12 Depression &amp; Anxiety Support 12:30-2 Music Sharing <b>OI</b> 2:30-3:30 Exploring Emotions 3:30-4:30 Gardening Group <b>OI</b></p>	<p><b>16</b> 9:30-10:30 Walking Group <b>OI</b> 11-12 Voices and Visions 12:30-1:30 Yoga for Anxiety &amp; Depression, IP+V <b>3:30-4:30 LGBTQ Support</b></p>	<p><b>17</b> 10-11 Cultivating Self-Compassion 12:30-1:30 Hunger &amp; Homelessness Awareness Talk 1-2 Written Expressions 2:30-4 Podcast &amp; Discuss: Brene Brown "Grief, Gratitude, and Connection"</p>	<p><b>18</b> 12:30-2 Artistic Expressions <b>OI</b> 2:30-4 Dr. Moreno's Group 3-4 YA Support Group, Virtual</p>	<p><b>19</b> <b>Center Closed</b></p> 	
<p><b>22</b> 10-11 Anger Management Support Group, Virtual 9:30-11 Mens' Support Group <b>11:00am—2:00pm Member Appreciation Deliveries</b></p>	<p><b>23</b> 9:30-10:30 Walking Group <b>OI</b> <b>11:00am—2:00pm Member Appreciation Deliveries</b></p>	<p><b>24</b> <b>11:00am—2:00pm Member Appreciation Deliveries</b> 3:30-4:30 Finding Your Spark! 6-7 Depression and Anxiety Support, Virtual</p>	<p><b>25</b> <b>10-11 Attitude of Gratitude</b> 11:00-1:30 Artistic Expressions <b>OI</b> 2:30-4:30 Cooking Group: Lando's Pot Pie 5:30-7:00 Friendly Feast</p>	<p><b>26</b> <b>11-12 Coffee Connection</b> 1:30-2:30 OCD Group 3-4 Dual Recovery Anon.</p>	<p><b>27</b> 1-2:30 Women's Group, Virtual 2:30-4 Insight-Out: Journaling &amp; Storyboards, Virtual</p>
<p><b>29</b> 10-11 Anger Management Support Group, Virtual 9:30-11 Mens' Support Group 11-12 Depression &amp; Anxiety Support 12:30-2 Music Sharing <b>OI</b> 2:30-3:30 Exploring Emotions 3:30-4:30 Gardening</p>	<p><b>30</b> 9:30-10:30 Walking Group <b>OI</b> 11-12 Voices and Visions 12:30-1:30 Yoga for Anxiety &amp; Depression, IP+V 2-3 Joy on Purpose! Strategies for Social Anxiety <b>OI</b> <b>3:30-4:30 Nutrition 101</b></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>	