



Hope House September 2023

SLO Wellness Center Hope House
1306 Nipomo St (805) 541-6813
Inovikoff@t-mha.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call for login info or to sign up as a new member. (805) 541-6813</p> <p>V—Virtual Group IP—In Person OIP—Outdoor, In Person</p> <p>Events may change.</p>	<p>“Change comes more from managing the journey than from announcing the destination”</p> <p>- William Bridges</p>	<p>“You yourself, as much as anybody in the entire universe, deserve your love and affection.”</p> <p>-Buddha</p>	<p>If you are feeling sick or are experiencing cold/flu symptoms, please stay home and join one of our virtual groups. Thank you for helping us stay healthy!</p>	<p>1</p> <p>10-11 Coffee & Contemplation OIP 12:30-2:30 Friday Hangout & Member Celebrations IP 3-4 Dual Recovery Anon., V</p>
<p>4</p> <p>10-11 Anger Management Support Group V 1-2:30 Music Sharing V& IP 2:30-3:30 Sound Bath (Hosted by SH) V 3-4 Earthing IP 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP</p>	<p>5</p> <p>9:30-10:30 Stroll for the Soul (Walking Group) IP 9:30-10:30 Raqs Sharqi, Middle Eastern Dance, V 11-12 Gardening Group IP 2-3 Dual Recovery Anon., V 2:30-3:30 Voices & Visions IP</p>	<p>6</p> <p>9:30-10:30: Depression & Anxiety, V 11-12 Self Compassion Circle V&IP 1:30-2:30 Living Well w/Bipolar, V 3:00-4:00 Calendar Planning V&IP</p>	<p>7</p> <p>10-11 Written Expressions IP 1-2 Sharpening Social Skills IP 2:30-4 Dr. Moreno’s Group IP</p>	<p>8</p> <p>10-11 Coffee & Contemplation OIP 12:30-2:30 Art & Chill: PHF Cards OIP 3-4 Dual Recovery Anon., V 3-4:30 PAAT Meeting V&IP at TMHA Main Office</p>
<p>11</p> <p>10-11 Anger Management Support Group V 11-1 WRAP, V 1-2:30 Music Sharing V& IP 3-4 Earthing IP 6-7 Healing Depression IP</p>	<p>12</p> <p>9:30-10:30 Stroll for the Soul (Walking Group) IP 9:30-10:30 Raqs Sharqi, Middle Eastern Dance, V 11-12 Poetry Group IP 2-3 Dual Recovery Anon., V 2:30-3:30 Voices & Visions IP</p>	<p>13</p> <p>9:30-10:30: Befriending Emotions, V 11-12 Self Compassion Circle V&IP 12-1 Reiki (Hosted by LH), V 1:30-2:30 Living Well w/Bipolar, V 3:00-4:00 Drum Circle with Barry! IP</p>	<p>14</p> <p>10-11 Written Expressions, V 1-2 Sharpening Social Skills OIP 2:30-4 Dr. Moreno’s Group IP</p>	<p>15</p> <p>9:00-11:30 Guided Nature Hike @ Irish Hills (RSVP, Please!) 3-4 Dual Recovery Anon., V</p>
<p>18</p> <p>Center Closed for Staff Development 10-11 Anger Management Support Group V 11-1 WRAP, V 2:30-3:30 Sound Bath (Hosted by SH) V 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP</p>	<p>19</p> <p>9:30-10:30 Stroll for the Soul (Walking Group) IP 9:30-10:30 Raqs Sharqi, Middle Eastern Dance, V 11-12 Gardening Group IP 2-3 Dual Recovery Anon., V 2:30-3:30 Voices & Visions IP</p>	<p>20</p> <p>9:30-10:30: Depression & Anxiety, V 10-12 Peer to Peer, V (RSVP, Please!) 11-12 Self Compassion Circle V&IP 1:30-2:30 Living Well w/Bipolar, V 3:00-4:30 Afternoon Walk: Exploring SLO Museums OIP</p>	<p>21</p> <p>Center Closed for Staff Training The following group is still available: 2:30-4 Dr. Moreno’s Group IP</p>	<p>22</p> <p>10:00-2:30 Wellness Center Avila Beach Unity Event (RSVP, Please!) 3-4 Dual Recovery Anon., V 3-4:30 PAAT Meeting V&IP at TMHA Main Office</p>
<p>25</p> <p>10-11 Anger Management Support Group V 11-1 WRAP, V 1-2:30 Music Sharing V& IP 2:30-3:30 Sound Bath (Hosted by SH) V 3-4 Earthing IP 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP</p>	<p>26</p> <p>9:30-10:30 Stroll for the Soul (Walking Group) IP 9:30-10:30 Raqs Sharqi, Middle Eastern Dance, V 11-12 Poetry Group IP 2-3 Dual Recovery Anon., V 2:30-3:30 Voices & Visions IP</p>	<p>27</p> <p>10-12 Peer to Peer, V (RSVP, Please!) 11-12 Self Compassion Circle V&IP 12-1 Reiki (Hosted by LH), V 3:30-4:30 LGBTQIA+ Group IP</p>	<p>28</p> <p>10-11 Written Expressions, V 1-2 Sharpening Social Skills IP 2:30-4 Dr. Moreno’s Group IP</p>	<p>29</p> <p>10-11 Coffee & Contemplation OIP 12:30-2:30 Community Cooking Class IP 3-4 Dual Recovery Anon., V</p>