





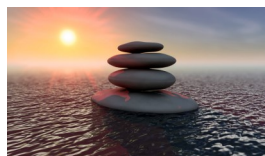


Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing <b>1:30-4 Bowling (RSVP)</b>  <b>Please bring \$5</b> 6-7 Healing Depression	<b>2</b> 10-11 Anger Management 11-12 Voices & Visions Group 12-1 Craft: Tissue Paper Suncatchers 1-2 Mindful Meditation <b>2-4 Homemade Healthy Snacks: Smoothies with Jordan</b>	<b>3</b> 10-11 Walking for wellness 11-12 Time Management Skills Group <b>12-1 Calendar Planning and Rice Bowls</b> 1-2 Center Clean Up 2-4 Movie Club @ Hope House	<b>4</b> 10-11 Communication Skills 11-12 Bipolar Support Group 12-1 Chat & Chew Social Hour 1-2 Coping with Loss 2:30-4:00 Dr. Moreno's Group	<b>5</b> <b>Center Closed For</b>  <b>Staff Training</b>
<b>8</b> 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing <b>1:30-4 Thrift Store Outing (RSVP)</b> 6-7 Healing Depression	<b>9</b> 10-11 Anger Management 11-12 Voices & Visions Group 12-1 Art Therapy w/Jessica 1-2 Mindful Meditation <b>2-3 Homemade Healthy Snacks: Applesauce</b> 3-5 W.R.A.P. Class (Please RSVP)	<b>10</b> 10-11 Walking for wellness 11-12 Yoga with Leah 12- 1 Coping With Anxiety 1-2 Center Clean Up 2:15-4 Movie Club @ Hope House	<b>11</b> 10-11 Communication Skills 11-12 Bipolar Support Group <b>12-2 Women's Luncheon @ Growing Grounds Healing Garden (RSVP)</b> 2:30-4:00 Dr. Moreno's Group	<b>12</b> 11-12 Health & Wellness Group 12-1 Post-Traumatic Growth Group 1-3 Mandala Coloring at the Creek
<b>15</b> 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing <b>1:30-4 SLO Art Museum (RSVP)</b> 6-7 Healing Depression	<b>16</b> 10-11 Anger Management 11-12 Voices & Visions Group 12-1 Green Thumb Gardeners 1-2 Coping with Stress for National Stress Awareness Day <b>2-3 Homemade Healthy Snacks: Kombucha</b> 3-5 W.R.A.P. Class (Please RSVP)	<b>17</b>  <b>9-4 Sight Seeing in Santa Barbara (RSVP) (Please bring a picnic lunch)</b>	<b>18</b> 10-11 Communication Skills 11-12 Bipolar Support Group 12-1 Chat & Chew Social Hour 1-2 Coping with Loss 2:30-4:00 Dr. Moreno's Group	<b>19</b> 11-12 Health & Wellness Group 12-1 Post-Traumatic Growth Group <b>1-3 Egg Decorating</b> 
<b>22</b> 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing <b>1:30-4 Cal Poly Arboretum (RSVP)</b>  6-7 Healing Depression	<b>23</b> 10-11 Anger Management 11-12 Voices & Visions Group 12-1 Art: Painting Rocks 1-2 Mindful Meditation <b>2-3 Homemade Healthy Snacks: Deviled Eggs</b> 3-5 W.R.A.P. Class (Please RSVP)	<b>24</b> 10-11 Walking for Wellness 11-12 Yoga with Leah 12-1 Poetry Group  1-2 Center Clean Up 2-4 Movie Club @ Hope House	<b>25</b> 10-11 Communication Skills 11-12 Bipolar Support Group 12-1 Chat & Chew Social Hour 1-2 Coping with Loss 2:30-4:00 Dr. Moreno's Group	<b>26</b> 11-12 Health & Wellness Group 12-1 Post-Traumatic Growth Group <b>1-3 Abstract Acrylic Art (RSVP)</b>
<b>29</b> 10-11 Social Hour 11-12 Depression Support Group 12-1:15 Music Sharing <b>1:30-4 Elfin Forest and Picnic in Los Osos (RSVP)</b> 6-7 Healing Depression	<b>30</b> 10-11 Anger Management 11-12 Voices & Visions Group 12-1 Watercolor Landscape Painting 1-2 Mindful Meditation <b>2-3 Homemade Healthy Snacks: Hummus</b> 3-5 W.R.A.P. Class (Please RSVP)	 <b>April is National Stress Awareness Month</b>	<b>Life happens!</b> Some events/ activities subject to change	<b>Please arrive on time as the door will be locked after a 10 minute grace period.</b> <b>Call us to tour Hope House and become a Member!</b> <b>(805) 541-6813</b>