



Hope House April 2026



(805) 801 3536
mvelazquez@t-mha.org

Monday	Tuesday	Wednesday	Thursday	Friday
Call for login info or to sign up as a new member. (805) 801 3536 V—Virtual Group IP—In Person H—Virtual & In Person Events may change.	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!	1 10:30-11:30 Anxiety & Depression H 11:30– 1:00 Sayaka Farewell: Japanese Community Cooking IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H 5-6 Grupo de bienestar emocional H	2 10-11 Art & Chill IP 11:30-1:30 SLO Museum (Group departs at 11am) IP 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H	3 9:30-10:30 Coffee & Contemplation IP 10:30-11:30 Victory Over OCD H 11:30-12:30 Ambassador Check-in H 12:30– 2:30 Member Celebrations IP 3-4 Dual Recovery Anon. V
6 CENTER CLOSED FOR STAFF DEVELOPMENT 3-4 Build Your Skills V 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	7 9:30-10:30 Stroll for the Soul IP 11-12 Mindfulness Meditation H 12:00-1:00 Goal Setting Group IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	8 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H 12:30-1:30 Gentle Yoga IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H 5-6 Grupo de bienestar emocional H	9 10-11 Art & Chill IP 11-12 Board Games IP 12:00-1:00 Ink & Belonging IP 1-2 SEP Job Seeker's Workshop H 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H	10 9:30-10:30 Coffee & Contemplation IP 10:30-11:30 Victory Over OCD H 12:00-2:30 Unity Event: Music Sharing + Karaoke IP 3-4 Dual Recovery Anon. V
13 12-1 Seeking Safety IP 1-2:30 Music Sharing H 3-4 Build Your Skills V 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	14 9:30-10:30 Stroll for the Soul IP 10:30-12:00 Center Care and Planning IP 12:00-1:00 Goal Setting Group IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3-4:30 Peer Advocacy & Advisory Team PAAT Group IP	15 10:30-11:30 Anxiety & Depression H 11:30-12:30 Sharpening Social Skills H 12:30-1:30 Gentle Yoga IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H 5-6 Grupo de bienestar emocional H	16 10-11 Art & Chill IP 11-12 Board Games IP 12:00-1:00 Poetry & Journal IP 1-2 SEP Job Seeker's Workshop H 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H	17 9:30-10:30 Coffee & Contemplation IP 10:30-11:30 Victory Over OCD H 11:30-1:00 Movie & Popcorn IP 3-4 Dual Recovery Anon. V
20 12-1 Seeking Safety IP 1-2:30 Music Sharing H 3-4 Build Your Skills V 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	21 9:30-10:30 Stroll for the Soul IP 11-12 Mindfulness Meditation H 12:00-1:00 Goal Setting Group IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	22 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H 12:30-1:30 Gentle Yoga IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H 5-6 Grupo de bienestar emocional H	23 10-11 Art & Chill IP 11-12 Board Games IP 12:00-1:00 Ink & Belonging IP 1-2 SEP Job Seeker's Workshop H 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H	24 9:30-10:30 Coffee & Contemplation IP 10:30-11:30 Victory Over OCD H 11-2pm Outing: Montana De Oro Stroll (RSVP van leaves at 10:30)IP 3-4 Dual Recovery Anon. V
27 12-1 Seeking Safety IP 1-2:30 Music Sharing H 3-4 Build Your Skills V 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	28 9:30-10:30 Stroll for the Soul IP 11-12 Mindfulness Meditation H 12:00-1:00 Goal Setting Group IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3-4:30 Peer Advocacy & Advisory Team PAAT Group IP	29 10:30-11:30 Anxiety & Depression H 11:30-12:30 Sharpening Social Skills H 12:30-1:30 Gentle Yoga IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H 5-6 Grupo de bienestar emocional H	30 10-11 Art & Chill IP 11-12 Board Games IP 12:00-1:00 Poetry & Journal IP 1-2 SEP Job Seeker's Workshop H 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H	<u>(HH)HOPE HOUSE SLO</u> (805) 801 3536 <u>(SH) SAFE HAVEN ARROYO GRANDE</u> (805) 305 3724 <u>(LH) LIFE HOUSE ATASCADERO</u> (805) 305 7721