



# Hope House April 2026



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