


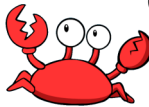


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please arrive on time as the door will be locked after a 10 minute grace period.</p> <p>Call us to tour Hope House and become a Member!</p> <p>(805) 541-6813</p>	<p><b>Life happens!</b></p> <p><b>Some events/ activities subject to change</b></p>		<p><b>1</b> 10-11 Communication Skills 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Abstract Acrylic Art Group 2:30-4 Dr. Moreno's Group</p>	<p><b>2</b></p> 
<p><b>5</b> 10-11 Social Hour 11-12 Depression Support Group 12:30-1:30 Music Sharing 1:30-2 Center Clean Up <b>2-3 Poetry Group</b></p>	<p><b>6</b> 10-11 Walking Group 11-12 Voices and Visions Support Group 12:30-1:30 Anger Management 1:30-2:30 Mindful Meditation 2:30-4 Women's Group</p>	<p><b>7</b> 10-11 Anxiety Support Group 11-12 Smoothies and Calendar Planning <b>12:30-2 Starbucks Outing (Please RSVP)</b> 2-4 Movie Club @ Hope House</p>	<p><b>8</b> <b>Center Closed until 2:30</b> 2:30-4 Dr. Moreno's Group</p>	<p><b>9</b></p> 
<p><b>12</b> 10-11 Social Hour 11-12 Depression Support Group 12:30-1:30 Music Sharing 1:30-2 Center Clean Up 2-3 Journaling Group 6-7 Healing Depression</p>	<p><b>13</b> 10-11 Walking Group 11-12 Voices and Visions Support Group 12:30-1:30 Anger Management 1:30-2:30 Mindful Meditation 2:30-4 Women's Group</p>	<p><b>14</b> 10-11 Anxiety Support Group <b>11-12 Birthday Party for August Birthdays! All Welcome</b> 12-3 Open Art Studio @ TMHA Headquarters</p>	<p><b>15</b> 10-11 Communication Skills 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Coping With Loss 2:30-4 Dr. Moreno's Group</p>	<p><b>16</b> 11-12 Health and Wellness Group 12:30-1:30 Post-Traumatic Growth Group <b>1:30-4 Cooking Class: Instant Pot Chicken Dinner</b></p>
<p><b>19</b> 10-11 Social Hour 11-12 Depression Support Group 12:30-1:30 Music Sharing 1:30-2 Center Clean Up <b>2-3 Poetry Group</b> 6-7 Healing Depression</p>	<p><b>20</b> 10-11 Walking Group 11-12 Voices and Visions Support Group 12:30-1:30 Anger Management 1:30-2:30 Mindful Meditation 2:30-4 Women's Group</p>	<p><b>21</b> 10-11 Anxiety Support Group <b>11:30-4 Cayucos Tide pools and tacos at Ruddell's Smokehouse (RSVP)</b></p> 	<p><b>22</b> 10-11 Communication Skills 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Abstract Acrylic Art Group 2:30-4 Dr. Moreno's Group</p>	<p><b>23</b> 11-12 Health and Wellness Group 12:30-1:30 Post-Traumatic Growth Group <b>1:30-4 Outing: Downtown Pismo (RSVP)</b></p>
<p><b>26</b> 10-11 Social Hour 11-12 Depression Support Group 12:30-1:30 Music Sharing 1:30-2 Center Clean Up 2-3 Journaling Group 6-7 Healing Depression</p>	<p><b>27</b> 10-11 Walking Group 11-12 Voices and Visions Support Group 12:30-1:30 Anger Management 1:30-2:30 Mindful Meditation 2:30-4 Women's Group</p>	<p><b>28</b> 10-11 Anxiety Support Group 11-12 Time Management Skills Group 12:30-2 Watercolor: Illuminated Inspirations</p>	<p><b>29</b> 10-11 Communication Skills 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Coping With Loss 2:30-4 Dr. Moreno's Group</p>	<p><b>30</b> 10-11 Exploring Personal Strengths 11-12 Health and Wellness Group 12:30-1:30 Post-Traumatic Growth Group <b>1:30-4 Cooking Class: Mediterranean meal</b></p>