



Hope House August 2025



(805) 801-3536
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Monday	Tuesday	Wednesday	Thursday	Friday
Call or visit us to sign up as a new member. 1306 Nipomo St. San Luis Obispo, CA 93405 HOPE HOUSE SLO: (805) 801-3536 (SH) SAFE HAVEN AG: (805)305-3724 (LH) LIFE HOUSE ATASCADERO: (805)305-7721	V—Virtual Group IP—In Person H—Hybrid (both V&IP) Events may change. If you are feeling sick or are experiencing cold/flu symptoms, please stay home and join one of our virtual groups.	California Peer-Run Warm Line 24/7 Mental Health Support 1(855)600-9276	“You are your best thing” -Toni Morrison	1 10-11 Coffee & Contemplation IP 11-12 Ambassador Check-Ins IP 12:30-2:30 Member Celebrations IP 3-4 Dual Recovery Anon. V
4 12-1 Good Attitude Group 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	5 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Art & Chill IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3-4:30 PAAT Meeting TMHA Office H	6 10:30-11:30 Anxiety & Depression (LH) H 11:30-12:30 Self Compassion H 1:30-2:30 Living Well w/ Bipolar H	7 11:30-12:30 Journal & Reflect IP 12:30-1:30 Sharpening Social Skills IP 2:30-4 Dr. Moreno’s Group IP 3-4 Hospice Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	8 CENTER CLOSED FOR STAFF DEVELOPMENT 3-4 Dual Recovery Anon. V
11 12-1 Good Attitude Group 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	12 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Center Beautifying, Gardening, and Planning IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	13 10:30-11:30 Gentle Yoga IP 11:30-12:30 Befriending Emotions H 1:30-2:30 Living Well w/ Bipolar H	14 11:30-12:30 Poetry Group IP 12:30-1:30 Goal Setting IP 2:30-4 Dr. Moreno’s Group IP 3-4 Hospice Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	15 10-11 Coffee & Contemplation IP 11-12 Ambassador Check-Ins IP 12:30-2:30 Movie: Peanut Butter Falcon IP 3-4 Dual Recovery Anon. V
18 12-1 Good Attitude Group 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	19 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Art & Chill IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3-4:30 PAAT Meeting TMHA Office H	20 10:30-11:30 Anxiety & Depression (LH) H 11:30-12:30 Self Compassion H 1:30-2:30 Living Well w/ Bipolar H	21 12:30-1:30 Sharpening Social Skills IP 2:30-4 Dr. Moreno’s Group IP 3-4 Hospice Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	22 10-11 Coffee & Contemplation IP 11-12 OCD Group for Everyone IP 12:30-2:30 Community Cooking IP 3-4 Dual Recovery Anon. V
25 12-1 Good Attitude Group 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	26 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Center Beautifying, Gardening, and Planning IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	27 10:30-11:30 Gentle Yoga IP 11:30-12:30 Befriending Emotions H 1:30-2:30 Living Well w/ Bipolar H	28 11:30-12:30 Poetry Group IP 12:30-1:30 Goal Setting IP 2:30-4 Dr. Moreno’s Group IP 3-4 Hospice Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	29 10-11 Coffee & Contemplation IP 11-12 Ambassador Check-Ins IP 12:30-2:30 Strother ParkUnity Event: Ice Cream Social IP RSVP for van ride at 12pm 3-4 Dual Recovery Anon. V