



# Hope House August 2025



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