



Hope House August 2026



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 12-1 Seeking Safety IP 1-3 Music Sharing H 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional H 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	4 9:30-10:30 Stroll for the Soul IP 10:30-11:30 Goal Setting Group IP 11:30-12:30 Men's Group H 1-2 Mindfulness Meditation H 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	5 9:30-10:30 Gardening Group IP 10:30-11:30 Anxiety & Depression H 12-2 Unity Event: Beach Journaling & Picnic (RSVP, van leaves at 11:30) IP 2:30-3:30 Emotional Wellness Circle H	6 9-10 Women's Group H 10-11 Art & Chill IP 11-12 Board Games IP 12:00-1:00 Poetry & Journal IP 1-2 Renters Resources H 2:30-4 Dr. Moreno's Group IP	7 9:30-10:30 Coffee & Contemplation IP 10:30-11:30 Victory Over OCD H 11:30– 12:30 Ambassador Check-in IP 3-4 Dual Recovery Anon. V
10 12-1 Seeking Safety IP 1-3 Music Sharing H 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional H 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	11 9:30-10:30 Stroll for the Soul IP 10:30-11:30 Goal Setting Group IP 11:30-12:30 Men's Group H 12:30-2 Center Care and Planning H 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3-4:30 PAAT Meeting 3-4:30 H	12 9:30-10:30 Gardening Group IP 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	13 9-10 Women's Group H 10-11 Art & Chill IP 11-12 Board Games IP 12:00-1:00 Letter Writing IP 1-2 Renters Resources H 2:30-4 Dr. Moreno's Group IP 4-5 LGBTQ+ Group H	14 9:30-10:30 Coffee & Contemplation IP 10:30-11:30 Victory Over OCD H 12-2 Summer Social @ Life House (RSVP van leaves at 11:30) IP 3-4 Dual Recovery Anon. V
17 CENTER CLOSED FOR STAFF DEVELOPMENT DAY 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	18 9:30-10:30 Stroll for the Soul IP 10:30-11:30 Goal Setting Group IP 11:30-12:30 Men's Group H 1-2 Mindfulness Meditation H 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	19 9:30-10:30 Gardening Group IP 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	20 10-12 Unity Event: Pismo Beach Cleaning up (RSVP van leaves 9:30) IP 1-2 Renters Resources H 2:30-4 Dr. Moreno's Group IP 4-5 LGBTQ+ Group H	21 9:30-10:30 Coffee & Contemplation IP 10:30-11:30 Victory Over OCD H 11:30– 1:30 Movie & Popcorn IP 3-4 Dual Recovery Anon. V
24 12-1 Seeking Safety IP 1-3 Music Sharing H 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional H 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	25 10-11:30 Outing: SLO Botanical Garden (RSVP van leaves 9:30) IP 11:30-12:30 Men's Group H 1-2 Mindfulness Meditation H 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3-4:30 PAAT Meeting 3-4:30 H	26 9:30-10:30 Gardening Group IP 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	27 9-10 Women's Group H 10-11 Art & Chill IP 11-12 Board Games IP 12:00-1:00 Letter Writing IP 1-2 Renters Resources H 2:30-4 Dr. Moreno's Group IP 4-5 LGBTQ+ Group H	28 9:30-10:30 Coffee & Contemplation IP 10:30-11:30 Victory Over OCD H 11:30– 1:30 Community Cooking IP 3-4 Dual Recovery Anon. V
31 12-1 Seeking Safety IP 1-3 Music Sharing H 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional H 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression 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.	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	National Wellness Month August	RSVP's If you need a ride please RSVP as early as you can so we can save you a spot (we have limited seats). If you <u>don't</u> need a ride you can join us at the event, but please call staff for instructions, tickets, etc.