



Hope House July 2026



(805) 801-3536

mvelazquez@t-mha.org

Monday	Tuesday	Wednesday	Thursday	Friday
<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.</p>	<p>Call for login info or to sign up as a new member. (805) 801 3536</p> <p>V—Virtual Group</p> <p>IP—In Person</p> <p>H—Virtual & In Person</p>	<p>1 10:30-11:30 Anxiety & Depression H</p> <p>11:30-12:30 Everyday Wellness H</p> <p>12:30-1:30 Gentle Yoga IP</p> <p>1:30-2:30 Living Well w/ Bipolar H</p> <p>2:30-3:30 Emotional Wellness Circle H</p> <p>3-4 Coping With Loss V</p>	<p>2 9-10 Women’s Group H</p> <p>10-11 Art & Chill IP</p> <p>11-12 Board Games IP</p> <p>12:00-1:00 Letter Writing IP</p> <p>2:30-4 Dr. Moreno’s Group IP</p> <p>4-5 LGBTQ+ Group H</p>	<p>3 9:30-10:30 Coffee & Contemplation IP</p> <p>10:30-11:30 Victory Over OCD H</p> <p>11:30– 12:30 Ambassador Check-in IP</p> <p>3-4 Dual Recovery Anon. V</p>
<p>6 CENTER CLOSED FOR STAFF DEVELOPMENT</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V</p> <p>6-7 Healing Depression IP</p>	<p>7 9:30-10:30 Stroll for the Soul IP</p> <p>10:30-11:30 Goal Setting Group IP</p> <p>11:30-12:30 Men’s Group H</p> <p>12:30-2 Center Care and Planning H</p> <p>2-3 Dual Recovery Anon. V</p> <p>2-3 Voices & Visions H</p>	<p>8 10:30-11:30 Anxiety & Depression H</p> <p>11:30-12:30 Everyday Wellness H</p> <p>12:30-1:30 Gentle Yoga IP</p> <p>1:30-2:30 Living Well w/ Bipolar H</p> <p>2:30-3:30 Emotional Wellness Circle H</p> <p>3-4 Coping With Loss V</p>	<p>9 9-10 Women’s Group H</p> <p>10-11 Art & Chill IP</p> <p>11-12 Board Games IP</p> <p>12:00-1:00 Poetry & Journal IP</p> <p>2:30-4 Dr. Moreno’s Group IP</p> <p>4-5 LGBTQ+ Group H</p>	<p>10 9:30-10:30 Coffee & Contemplation IP</p> <p>10:30-11:30 Victory Over OCD H</p> <p>12– 1:30 Picnic with Friends @ Islay Park (RSVP for a ride, van leaves at 11:30) IP</p> <p>3-4 Dual Recovery Anon. V</p>
<p>13 12-1 Seeking Safety IP</p> <p>1-3 Music Sharing H</p> <p>3-4 Build Your Skills V</p> <p>4-5 Grupo de bienestar emocional H</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V</p> <p>6-7 Healing Depression IP</p>	<p>14 9:30-10:30 Stroll for the Soul IP</p> <p>10:30-11:30 Goal Setting Group IP</p> <p>11:30-12:30 Men’s Group H</p> <p>1-2 Mindfulness Meditation H</p> <p>2-3 Dual Recovery Anon. V</p> <p>2-3 Voices & Visions H</p>	<p>15 10:30-11:30 Anxiety & Depression H</p> <p>11:30-12:30 Everyday Wellness H</p> <p>12:30-1:30 Gentle Yoga IP</p> <p>1:30-2:30 Living Well w/ Bipolar H</p> <p>2:30-3:30 Emotional Wellness Circle H</p> <p>3-4 Coping With Loss V</p>	<p>16 9-10 Women’s Group H</p> <p>10-11 Art & Chill IP</p> <p>11-12 Board Games IP</p> <p>12:00-1:00 Letter Writing IP</p> <p>2:30-4 Dr. Moreno’s Group IP</p> <p>4-5 LGBTQ+ Group H</p>	<p>17 12-2 TMHA Summer BBQ</p> <p>(RSVP for a ride, van leaves at 11:30 am) IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>20 12-1 Seeking Safety IP</p> <p>1-3 Music Sharing H</p> <p>3-4 Build Your Skills V</p> <p>4-5 Grupo de bienestar emocional H</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V</p> <p>6-7 Healing Depression IP</p>	<p>21 9:30-10:30 Stroll for the Soul IP</p> <p>10:30-11:30 Goal Setting Group IP</p> <p>11:30-12:30 Men’s Group H</p> <p>1-2 Mindfulness Meditation H</p> <p>2-3 Dual Recovery Anon. V</p> <p>2-3 Voices & Visions H</p>	<p>22 10:30-11:30 Anxiety & Depression H</p> <p>12:30-2:30 Outing: Bob Jones Trail IP (RSVP for a ride, van leaves at 12 am)</p> <p>2:30-3:30 Emotional Wellness Circle H</p> <p>3-4 Coping With Loss V</p>	<p>23 9-10 Women’s Group H</p> <p>10-11 Art & Chill IP</p> <p>11-12 Board Games IP</p> <p>12:00-1:00 Poetry & Journal IP</p> <p>2:30-4 Dr. Moreno’s Group IP</p> <p>4-5 LGBTQ+ Group H</p>	<p>24 9:30-10:30 Coffee & Contemplation IP</p> <p>10:30-11:30 Victory Over OCD H</p> <p>11:30– 1 Movie & Popcorn IP</p> <p>3-4 Dual Recovery Anon. V</p>
<p>27 12-1 Seeking Safety IP</p> <p>1-3 Music Sharing H</p> <p>3-4 Build Your Skills V</p> <p>4-5 Grupo de bienestar emocional H</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V</p> <p>6-7 Healing Depression IP</p>	<p>28 9:30-10:30 Stroll for the Soul IP</p> <p>10:30-11:30 Goal Setting Group IP</p> <p>11:30-12:30 Men’s Group H</p> <p>1-2 Mindfulness Meditation H</p> <p>2-3 Dual Recovery Anon. V</p> <p>2-3 Voices & Visions H</p>	<p>29 CENTER CLOSED FOR STAFF DEVELOPMENT</p>	<p>30 9-10 Women’s Group H</p> <p>10-11 Art & Chill IP</p> <p>11-12 Board Games IP</p> <p>12:00-1:00 Letter Writing IP</p> <p>2:30-4 Dr. Moreno’s Group IP</p> <p>4-5 LGBTQ+ Group H</p>	<p>31 9:30-10:30 Coffee & Contemplation IP</p> <p>10:30-11:30 Victory Over OCD H</p> <p>1-2:30 Unity Event at Life House: Olivia Farewell Party (RSVP for a ride, van leaves at 12) IP</p> <p>3-4 Dual Recovery Anon., V</p>