



# Hope House July 2026



(805) 801-3536

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