



Hope House November 2025



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 12-1 OCD 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	4 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Center Care and Planning IP 12-2 Peer to Peer (registration only) IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	5 10:30-11:30 10:30-11:30 Anxiety & Depression (LH) H 11:30-12:30 Self Compassion H 1:30-2:30 Living Well w/ Bipolar H	6 11:30-12:30 Poetry & Journal IP 12:30-1:30 Everyday Wellness: Finances IP 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	7 10-11 Coffee & Contemplation IP 11-12 Ambassador Check-Ins IP 12:30-2:30 Member Celebrations and Community Cooking IP 3-4 Dual Recovery Anon. V
10 CENTER CLOSED FOR STAFF DEVELOPMENT 3-4 Build Your Skills V 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	11 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Art & Chill IP 12-2 Peer to Peer (registration only) IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3-4:30 PAAT Meeting TMHA Office H	12 10:30-11:30 Gentle Yoga IP 11:30-12:30 Befriending Emotions H 1:30-2:30 Living Well w/ Bipolar H	13 11:30-12:30 Board Games IP 12:30-1:30 Sharpening Social Skills IP 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	14 10-11 Coffee & Contemplation IP 11-12 Gardening Group IP 1-3:30 Pismo Butterfly Walk RSVP, van leaves at 1pm IP 3-4 Dual Recovery Anon. V
17 12-1 OCD 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	18 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Center Care and Planning IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	19 THANKSGIVING FEAST 12-2PM ~ RSVP VAN LEAVES AT 11:30AM FROM HOPE HOUSE	20 11:30-12:30 Poetry & Journal IP 12:30-1:30 Everyday Wellness: Finances IP 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	21 10-11 Coffee & Contemplation IP 3-4 Dual Recovery Anon. V
24 12-1 Seeking Safety 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	25 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	26 10:30-11:30 Gentle Yoga IP 11:30-12:30 Befriending Emotions H 1:30-2:30 Living Well w/ Bipolar H	27 CENTER CLOSED HAPPY THANKSGIVING 	28 CENTER CLOSED 3-4 Dual Recovery Anon. V
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—Virtual and In Person Events may change. If you are feeling sick or are experiencing cold/flu symptoms, please stay home and join one of our virtual groups.		We pay our respect to the traditional lands of the yak tit'yu tit'yu yak tilhini Northern Chumash Tribe of San Luis Obispo County and Region. The yak tit'yu tit'yu yak tilhini have a documented presence in this area for over 10,000 years.	