



# Hope House November 2025



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

| Monday                                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                | Thursday                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b> 12-1 OCD 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>                                     | <b>4</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b><br>10:30-12:00 Center Care and Planning <b>IP</b><br>12-2 Peer to Peer (registration only) <b>IP</b><br>2-3 Dual Recovery Anon. <b>V</b><br>2-3 Voices & Visions <b>H</b>                                 | <b>5</b> 10:30-11:30 10:30-11:30 Anxiety & 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> | <b>6</b> 11:30-12:30 Poetry & Journal <b>IP</b><br>12:30-1:30 Everyday Wellness: Finances <b>IP</b><br>2:30-4 Dr. Moreno's Group <b>IP</b><br>3-4 Grief Support <b>V</b> (LH)<br>4-5 LGBTQ+ Group <b>H</b><br>5-6 Grupo de bienestar emocional <b>H</b>  | <b>7</b> 10-11 Coffee & Contemplation <b>IP</b><br>11-12 Ambassador Check-Ins <b>IP</b><br>12:30-2:30 Member Celebrations and Community Cooking <b>IP</b><br>3-4 Dual Recovery Anon. <b>V</b> |
| <b>10</b> <b>CENTER CLOSED FOR STAFF DEVELOPMENT</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>                                                   | <b>11</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b><br>10:30-12:00 Art & Chill <b>IP</b><br>12-2 Peer to Peer (registration only) <b>IP</b><br>2-3 Dual Recovery Anon. <b>V</b><br>2-3 Voices & Visions <b>H</b><br><b>3-4:30 PAAT Meeting TMHA Office H</b> | <b>12</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>                    | <b>13</b> 11:30-12:30 Board Games <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 Grief Support <b>V</b> (LH)<br>4-5 LGBTQ+ Group <b>H</b><br>5-6 Grupo de bienestar emocional <b>H</b>         | <b>14</b> 10-11 Coffee & Contemplation <b>IP</b><br>11-12 Gardening Group <b>IP</b><br><b>1-3:30 Pismo Butterfly Walk RSVP, van leaves at 1pm IP</b><br>3-4 Dual Recovery Anon. <b>V</b>      |
| <b>17</b> 12-1 OCD 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>                                    | <b>18</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b><br>10:30-12:00 Center Care and Planning <b>IP</b><br>2-3 Dual Recovery Anon. <b>V</b><br>2-3 Voices & Visions <b>H</b>                                                                                   | <b>19</b> <b>THANKSGIVING FEAST</b><br><b>12-2PM ~ RSVP</b><br><b>VAN LEAVES AT 11:30AM FROM HOPE HOUSE</b>                                              | <b>20</b> 11:30-12:30 Poetry & Journal <b>IP</b><br>12:30-1:30 Everyday Wellness: Finances <b>IP</b><br>2:30-4 Dr. Moreno's Group <b>IP</b><br>3-4 Grief Support <b>V</b> (LH)<br>4-5 LGBTQ+ Group <b>H</b><br>5-6 Grupo de bienestar emocional <b>H</b> | <b>21</b> 10-11 Coffee & Contemplation <b>IP</b><br>3-4 Dual Recovery Anon. <b>V</b>                                                                                                          |
| <b>24</b> 12-1 Seeking Safety <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>                               | <b>25</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b><br>10:30-12:00 Art & Chill <b>IP</b><br>2-3 Dual Recovery Anon. <b>V</b><br>2-3 Voices & Visions <b>H</b><br><b>3-4:30 PAAT Meeting TMHA Office H</b>                                                    | <b>26</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>                    | <b>27</b> <b>CENTER CLOSED</b><br><b>HAPPY THANKSGIVING</b><br>                                                                                                     | <b>28</b> <b>CENTER CLOSED</b><br>3-4 Dual Recovery Anon. <b>V</b>                                                                                                                            |
| <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<br>(SH) SAFE HAVEN AG: (805)305-3724<br>(LH) LIFE HOUSE ATASCADERO:<br>(805)305-7721 | <b>V—Virtual Group IP—In Person</b><br><b>H—Virtual and In Person</b><br><b>Events may change.</b><br>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.           |                                                                                                          |