



Hope House September 2025



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 12-1 Good Attitude 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	2 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 10:30-11:30 Gentle Yoga IP 11:30-12:30 Befriending Emotions H 1:30-2:30 Living Well w/ Bipolar H	4 11:30-12:30 Journal & Reflect IP 12:30-1:30 Sharpening Social Skills IP 2:30-4 Dr. Moreno's Group IP 3-4 Hospice Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	5 CENTER CLOSED FOR STAFF DEVELOPMENT 3-4 Dual Recovery Anon. V
8 12-1 OCD Group For Everyone 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	9 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 3-4:30 PAAT Meeting TMHA Office H	10 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	11 11:30-12:30 Poetry Group IP 12:30-1:30 Sharpening Social Skills IP 2:30-4 Dr. Moreno's Group IP 3-4 Hospice Grief Support V (LH) 4-5 LGBTQ+ Group V	12 10-11 Coffee & Contemplation IP 11-12 Gardening Group IP 12:30-2:30 Laguna Lake Art Walk IP 3-4 Dual Recovery Anon. V
15 12-1 Good Attitude 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	16 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	17 10:30-11:30 Gentle Yoga IP 11:30-12:30 Befriending Emotions H 1:30-2:30 Living Well w/ Bipolar H 3:00-6:30 Alliance for Mental Wellness in Santa Maria (RSVP for van)	18 11:30-12:30 Journal & Reflect IP 12:30-1:30 Sharpening Social Skills IP 2:30-4 Dr. Moreno's Group IP 3-4 Hospice Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	19 10-11 Coffee & Contemplation IP 11-12 Ambassador Check-Ins IP 12:30-2:30 Member Celebrations IP 3-4 Dual Recovery Anon. V
22 12-1 OCD Group for Everyone 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	23 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 IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3-4:30 PAAT Meeting TMHA Office H	24 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	25 11:30-12:30 Poetry Group IP 12:30-1:30 Goal Setting IP 2:30-4 Dr. Moreno's Group IP 3-4 Hospice Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	26 10-11 Coffee & Contemplation IP 11-12 Gardening Group IP 12:30-2:30 Community Cooking IP 3-4 Dual Recovery Anon. V
29 12-1 Good Attitude 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	30 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Art & Chill IP 12-2 Peer to Peer IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	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—Hybrid (V&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.	“Be the change you wish to see in the world” -Ghandi