




Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please arrive on time as the door will be locked after a 10 minute grace period.</p> <p>Call us to tour Hope House and become a Member!</p> <p>(805) 541-6813</p>	<p>Life happens!</p> <p>Some events/activities subject to change</p>	<p>1</p> <p>Centers Closed</p> <p>Happy New Year!</p>  	<p>2</p> <p>10-11 Communication Skills Group</p> <p>11-12 Bipolar Support Group</p> <p>12-1 Chat and Chew Social Hour</p> <p>1-2 Women's group</p> <p>2:30-4 Dr. Moreno's Group</p>	<p>3</p> <p>10-11 Meditation</p> <p>11-12 Center Clean Up</p> <p>12:30-1:30 Reflection and Renewal From 2019 to 2020</p> <p>1:30-4 Craft Group: Vision Boards</p>
<p>6</p> <p>10-11 Social Hour</p> <p>11-12 Depression Support Group</p> <p>12:30-2 Music Sharing</p> <p>2-3 Empathy Group</p> <p>6-7 Healing Depression</p>	<p>7</p> <p>10-11 Anger Management</p> <p>11-12 Voices and Visions Support Group</p> <p>12:30-1:30 Poetry Group</p> <p>2-4 Final W.R.A.P. Class (Wellness Recovery Action Plan)</p>	<p>8</p> <p>10-11 Social Hour</p> <p>11-12 Post Traumatic Growth Group</p> <p>12:30-1:30 Anxiety Support Group</p> <p>1:30-2:30 Meditation with Steve</p> <p>2:30-4:00 Calendar Planning and Community Meeting</p>	<p>9</p> <p>10-11 Communication Skills Group</p> <p>11-12 Bipolar Support Group</p> <p>12-1 Chat and Chew Social Hour</p> <p>1-2 Women's group</p> <p>2:30-4 Dr. Moreno's Group</p>	<p>10</p> <p>10-11 Meditation</p> <p>11- 2 Monarch Butterfly Grove Outing (Please RSVP)</p> <p>2:30-4 Craft: Journal Making</p> 
<p>13</p> <p>10-11 Social Hour</p> <p>11-12 Depression Support Group</p> <p>12:30-2 Music Sharing</p> <p>2-3 Empathy Group</p> <p>6-7 Healing Depression</p>	<p>14</p> <p>10-11 Anger Management</p> <p>11-12 Voices and Visions Support Group</p> <p>12:30-1:30 Writer's Workshop</p> <p>1:30-2:30 "Name That Tune!" Game</p> <p>2:30-4 Watercolor Pen Doodles</p>	<p>15</p> <p>10-11 Food Bank Outing: (Please RSVP)</p> <p>11-12 January Celebrations!</p> <p>12:30-1:30 Anxiety Support Group</p> <p>1:30-4 "Using What You've Got" Cooking Group</p>	<p>16</p> <p>10-11 Communication Skills Group</p> <p>11-12 Bipolar Support Group</p> <p>12-1 Chat and Chew Social Hour</p> <p>1-2 Women's group</p> <p>2:30-4 Dr. Moreno's Group</p>	<p>17</p> <p>10-11 Meditation</p> <p>11-12 Center Clean Up</p> <p>12:30-4 Bowling (Please RSVP)</p> <p>18</p> <p>9-1 Women's March SLO & Lunch (Meet at Hope House)</p>
<p>20</p> <p>10-11 Social Hour</p> <p>11-12 Depression Support Group</p> <p>12:30-2 Music Sharing</p> <p>2-3 Empathy Group</p> <p>6-7 Healing Depression</p>	<p>21</p> <p>10-11 Anger Management</p> <p>11-12 Voices and Visions Support Group</p> <p>12:30-1:30 Poetry Group</p> <p>1:30-4 Cooking Group: Fascinating Fun with Hard Boiled Eggs</p>	<p>22</p> <p>10-11 Social Hour</p> <p>11-12 Post Traumatic Growth Group</p> <p>12:30-1:30 Anxiety Support Group</p> <p>(1:30-3 Ambassador Training)</p> <p>1:30-2:30 Meditation with Steve</p> <p>2:30-4 Crafting: Candle-Making</p>	<p>23</p> <p>10-11 Communication Skills Group</p> <p>11-12 Bipolar Support Group</p> <p>12-1 Chat and Chew Social Hour</p> <p>1-2 Women's group</p> <p>2:30-4 Dr. Moreno's Group</p>	<p>24</p> <p>Center closed for Staff Training</p>
<p>27</p> <p>10-11 Social Hour</p> <p>11-12 Depression Support Group</p> <p>12:30-2 Music Sharing</p> <p>2-3 Empathy Group</p> <p>6-7 Healing Depression</p>	<p>28</p> <p>10-11 Anger Management</p> <p>11-12 Voices and Visions Support Group</p> <p>12:30-1:30 Writer's Workshop</p> <p>1:30-4 Bob Jones Trail Hike and Meditation (please RSVP)</p>	<p>29</p> <p>10-11 Social Hour</p> <p>11-12 Post Traumatic Growth Group</p> <p>12:30-1:30 Anxiety Support Group</p> <p>1:30-4 "Back to The Future" Movie and Popcorn</p>	<p>30</p> <p>10-11 Communication Skills Group</p> <p>11-12 Bipolar Support Group</p> <p>12-1 Chat and Chew Social Hour</p> <p>1-2 Women's group</p> <p>2:30-4 Dr. Moreno's Group</p>	<p>31</p> <p>10-11 Meditation</p> <p>11-2 Open Art Studios (Please RSVP to ride with H.H.)</p> <p>2-3 LGBTQIA+ Group (Allies Welcome)</p> <p>3-4 Competitive Team Pictionary</p>