



Hope House January 2026



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call or visit us to sign up as a new member. 1306 Nipomo St. San Luis Obispo, CA 93405</p> <p>HOPE HOUSE SLO: (805) 801-3536 (SH) SAFE HAVEN AG: (805)305-3724 (LH) LIFE HOUSE ATASCADERO: (805)305-7721</p>	<p>V—Virtual Group IP—In Person H—Hybrid (V & IP) Events may change.</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>“New Year’s Day is every human’s birthday.” -Charles Lamb</p>	<p>1 CLOSED</p> <p><i>Happy New Year 2026</i></p>	<p>2 CLOSED</p> <p>3-4 Dual Recovery Anon. V</p>
<p>5 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</p>	<p>6 9:30-10:30 Stroll for the Soul IP 10:30-12:00 Art & Chill IP 2-3 Voices & Visions H</p>	<p>7 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness IP 12:30-1:30 Gentle Yoga IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H</p>	<p>8 11:30-12:30 Poetry & Journal IP 1-2 SEP Job Seekers Workshop 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</p>	<p>9 10-11 Coffee & Contemplation IP 12:00-2:00 Member Celebrations IP 3-4 Dual Recovery Anon. V</p>
<p>12 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</p>	<p>13 9:30-10:30 Stroll for the Soul IP 10:30-12:00 Center Care and Planning IP 12-2 Wellness Recovery Action Plan IP 2-3 Voices & Visions H 3-4:30 Peer Advocacy & Advisory Team PAAT Group IP</p>	<p>14 10:30-11:30 Anxiety & Depression H 11:30-12:30 Sharpening Social Skills IP 12:30-1:30 Gentle Yoga IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H</p>	<p>15 11:30-12:30 Board Games IP 1-2 SEP Job Seeker’s Workshop 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</p>	<p>16 10-11 Coffee & Contemplation IP 11-1:30 Outing: Elfín Forest Tour Van Leaves at 10:45 (RSVP with Staff) IP 3-4 Dual Recovery Anon. V</p>
<p>19 CENTER CLOSED FOR STAFF DEVELOPMENT</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP</p>	<p>20 9:30-10:30 Stroll for the Soul IP 10:30-12:00 Art & Chill IP 12-2 Wellness Recovery Action Plan IP</p>	<p>21 10:30-11:30 Anxiety & Depression (LH) H 11:30-12:30 Everyday Wellness IP 12:30-1:30 Gentle Yoga IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H</p>	<p>22 11:30-12:30 Poetry & Journal IP 1-2 SEP Job Seekers Workshop 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</p>	<p>23 10-11 Coffee & Contemplation IP 12-2 Community Cooking IP 3-4 Dual Recovery Anon. V</p>
<p>26 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</p>	<p>27 9:30-10:30 Stroll for the Soul IP 10:30-12:00 Art & Chill IP 12-2 Wellness Recovery Action Plan IP 2-3 Voices & Visions H 3-4:30 Peer Advocacy & Advisory Team PAAT Group IP</p>	<p>28 10:30-11:30 Anxiety & Depression (LH) H 11:30-12:30 Sharpening Social Skills IP 12:30-1:30 Gentle Yoga IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H</p>	<p>29 11:30-12:30 Board Games IP 1-2 SEP Job Seeker’s Workshop 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</p>	<p>30 10-11 Coffee & Contemplation IP 12-2 Movie & Popcorn IP 3-4 Dual Recovery Anon. V</p>