



Hope House July 2025



(805) 801-3536
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Monday	Tuesday	Wednesday	Thursday	Friday
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	1 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Center Beautifying, Gardening, and Calendar Planning IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	2 10:30-11:30 Gentle Yoga IP 11:30-12:30 Befriending Emotions H 1:30-2:30 Living Well w/ Bipolar H 2:30-4 Job Seekers Workshop @ TMHA Main Office IP	3 11:30-12:30 Poetry Group IP 12:45-1:45 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	4 CLOSED FOR 4TH OF JULY
7 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	8 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	9 10:30-11:30 Anxiety & Depression (LH) H 11:30-12:30 Self Compassion H 1:30-2:30 Living Well w/ Bipolar H	10 11:30-12:30 Journal & Reflect IP 12:45-1:45 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	11 10-11 Coffee & Contemplation IP 11-12 OCD Group for Everyone IP 12-2 Member Celebrations IP 3-4 Dual Recovery Anon. V
14 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	15 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Center Beautifying, Gardening, and Calendar Planning IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	16 10:30-11:30 Gentle Yoga IP 11:30-12:30 Befriending Emotions H 1:30-2:30 Living Well w/ Bipolar H	17 11:30-12:30 Poetry Group IP 12:45-1:45 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	18 TMHA Summer BBQ @ Cuesta Canyon Park SLO 12-2PM RSVP for the Van @ 11:45 3-4 Dual Recovery Anon. V
21 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	22 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-11:30 Art & Chill IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3-4:30 PAAT Meeting TMHA Office H	23 10:30-11:30 Anxiety & Depression (LH) H 11:30-12:30 Self Compassion H 1:30-2:30 Living Well w/ Bipolar H	24 11:30-12:30 Journal & Reflect IP 12:45-1:45 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	25 10-11 Coffee & Contemplation IP 11-12 OCD Group for Everyone IP 12-2 Community Cooking IP 3-4 Dual Recovery Anon. V
28 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	29 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Center Beautifying, Gardening, and Calendar Planning IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	30 10:30-11:30 Gentle Yoga IP 11:30-12:30 Befriending Emotions H 1:30-2:30 Living Well w/ Bipolar H	31 11:30-12:30 Poetry Group IP 12:45-11:45 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	V—Virtual Group IP—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.