



# Hope House July 2025



(805) 801-3536  
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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Call or visit us to sign up as a new member.</b></p> <p><b>1306 Nipomo St. San Luis Obispo, CA 93405</b> HOPE HOUSE SLO: (805) 801-3536 (SH) SAFE HAVEN AG: (805)305-3724 (LH) LIFE HOUSE ATASCADERO: (805)305-7721</p>	<p><b>1</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b> 10:30-12:00 Center Beautifying, Gardening, and Calendar Planning <b>IP</b> 2-3 Dual Recovery Anon. <b>V</b> 2-3 Voices &amp; Visions <b>H</b></p>	<p><b>2</b> 10:30-11:30 Gentle Yoga <b>IP</b> 11:30-12:30 Befriending Emotions <b>H</b> 1:30-2:30 Living Well w/ Bipolar <b>H</b> 2:30-4 Job Seekers Workshop @ TMHA Main Office <b>IP</b></p>	<p><b>3</b> 11:30-12:30 Poetry Group <b>IP</b> 12:45-1:45 Goal Setting <b>IP</b> 2:30-4 Dr. Moreno's Group <b>IP</b> 3-4 Hospice Grief Support <b>V</b> (LH) 4-5 LGBTQ+ Group <b>H</b> 5-6 Grupo de bienestar emocional <b>H</b></p>	<p><b>4</b></p> <p><b>CLOSED FOR 4TH OF JULY</b></p>
<p><b>7</b> 12-1 Good Attitude Group <b>IP</b> 1-2:30 Music Sharing <b>H</b> 3-4 Build Your Skills <b>V</b> 5:30-6:30 Support for Suicide Attempt Survivors <b>V</b> 6-7 Healing Depression <b>IP</b></p>	<p><b>8</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b> 10:30-12:00 Art &amp; Chill <b>IP</b> 2-3 Dual Recovery Anon. <b>V</b> 2-3 Voices &amp; Visions <b>H</b> 3-4:30 PAAT Meeting TMHA Office <b>H</b></p>	<p><b>9</b> 10:30-11:30 Anxiety &amp; Depression (LH) <b>H</b> 11:30-12:30 Self Compassion <b>H</b> 1:30-2:30 Living Well w/ Bipolar <b>H</b></p>	<p><b>10</b> 11:30-12:30 Journal &amp; Reflect <b>IP</b> 12:45-1:45 Sharpening Social Skills <b>IP</b> 2:30-4 Dr. Moreno's Group <b>IP</b> 3-4 Hospice Grief Support <b>V</b> (LH) 4-5 LGBTQ+ Group <b>H</b> 5-6 Grupo de bienestar emocional <b>H</b></p>	<p><b>11</b> 10-11 Coffee &amp; Contemplation <b>IP</b> <b>11-12 OCD Group for Everyone</b> <b>IP</b> 12-2 Member Celebrations <b>IP</b> 3-4 Dual Recovery Anon. <b>V</b></p>
<p><b>14</b> 12-1 Good Attitude Group <b>IP</b> 1-2:30 Music Sharing <b>H</b> 3-4 Build Your Skills <b>V</b> 5:30-6:30 Support for Suicide Attempt Survivors <b>V</b> 6-7 Healing Depression <b>IP</b></p>	<p><b>15</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b> 10:30-12:00 Center Beautifying, Gardening, and Calendar Planning <b>IP</b> 2-3 Dual Recovery Anon. <b>V</b> 2-3 Voices &amp; Visions <b>H</b></p>	<p><b>16</b> 10:30-11:30 Gentle Yoga <b>IP</b> 11:30-12:30 Befriending Emotions <b>H</b> 1:30-2:30 Living Well w/ Bipolar <b>H</b></p>	<p><b>17</b> 11:30-12:30 Poetry Group <b>IP</b> 12:45-1:45 Goal Setting <b>IP</b> 2:30-4 Dr. Moreno's Group <b>IP</b> 3-4 Hospice Grief Support <b>V</b> (LH) 4-5 LGBTQ+ Group <b>H</b> 5-6 Grupo de bienestar emocional <b>H</b></p>	<p><b>18</b></p> <p><b>TMHA Summer BBQ @ Cuesta Canyon Park SLO 12-2PM</b></p> <p><b>RSVP for the Van @ 11:45</b> 3-4 Dual Recovery Anon. <b>V</b></p>
<p><b>21</b></p> <p><b>CLOSED FOR STAFF DEVELOPMENT</b> 3-4 Build Your Skills <b>V</b> 5:30-6:30 Support for Suicide Attempt Survivors <b>V</b> 6-7 Healing Depression <b>IP</b></p>	<p><b>22</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b> 10:30-11:30 Art &amp; Chill <b>IP</b> 2-3 Dual Recovery Anon. <b>V</b> 2-3 Voices &amp; Visions <b>H</b> 3-4:30 PAAT Meeting TMHA Office <b>H</b></p>	<p><b>23</b> 10:30-11:30 Anxiety &amp; Depression (LH) <b>H</b> 11:30-12:30 Self Compassion <b>H</b> 1:30-2:30 Living Well w/ Bipolar <b>H</b></p>	<p><b>24</b> 11:30-12:30 Journal &amp; Reflect <b>IP</b> 12:45-1:45 Sharpening Social Skills <b>IP</b> 2:30-4 Dr. Moreno's Group <b>IP</b> 3-4 Hospice Grief Support <b>V</b> (LH) 4-5 LGBTQ+ Group <b>H</b> 5-6 Grupo de bienestar emocional <b>H</b></p>	<p><b>25</b> 10-11 Coffee &amp; Contemplation <b>IP</b> <b>11-12 OCD Group for Everyone</b> <b>IP</b> 12-2 Community Cooking <b>IP</b> 3-4 Dual Recovery Anon. <b>V</b></p>
<p><b>28</b> 12-1 Good Attitude Group <b>IP</b> 1-2:30 Music Sharing <b>H</b> 3-4 Build Your Skills <b>V</b> 5:30-6:30 Support for Suicide Attempt Survivors <b>V</b> 6-7 Healing Depression <b>IP</b></p>	<p><b>29</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b> 10:30-12:00 Center Beautifying, Gardening, and Calendar Planning <b>IP</b> 2-3 Dual Recovery Anon. <b>V</b> 2-3 Voices &amp; Visions <b>H</b></p>	<p><b>30</b> 10:30-11:30 Gentle Yoga <b>IP</b> 11:30-12:30 Befriending Emotions <b>H</b> 1:30-2:30 Living Well w/ Bipolar <b>H</b></p>	<p><b>31</b> 11:30-12:30 Poetry Group <b>IP</b> 12:45-11:45 Goal Setting <b>IP</b> 2:30-4 Dr. Moreno's Group <b>IP</b> 3-4 Hospice Grief Support <b>V</b> (LH) 4-5 LGBTQ+ Group <b>H</b> 5-6 Grupo de bienestar emocional <b>H</b></p>	<p><b>V—Virtual Group <b>IP</b>—In Person</b> <b>Events may change.</b>  If you are feeling sick or are experiencing cold/flu symptoms, please stay home and join one of our virtual groups.</p>