



Hope House June 2025



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Monday	Tuesday	Wednesday	Thursday	Friday
2 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	3 9:30-10:30 Stroll for the Soul (Walking Group) IP 11-12 Art & Chill IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	4 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	5 11:30-12:30 Poetry Group IP 1-2 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	6 10-11 Coffee & Contemplation IP 11-12 Victory Over OCD IP 12:30-2:30 Member Celebrations IP 3-4 Dual Recovery Anon. V
9 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	10 9:30-10:30 Stroll for the Soul (Walking Group) IP 11-12 Gardening Group IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	11 10:30-11:30 Anxiety & Depression (LH) H 11:30-12:30 Self Compassion H 1:30-2:30 Living Well w/ Bipolar H 2:30-4 Job Seekers Workshop @ TMHA Main Office IP	12 11:30-12:30 Journal & Reflect IP 1-2 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	13 10-11 Coffee & Contemplation IP 11-12 Center Beautifying 12-2 Movie & Popcorn IP 3-4 Dual Recovery Anon. V
16 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	17 9:30-10:30 Stroll for the Soul (Walking Group) IP 11-12 Art & Chill IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	18 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	19 11:30-12:30 Poetry Group IP 1-2 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	20 10-11 Coffee & Contemplation IP 11-12 Victory Over OCD IP 12-2 Beachcomber Park Hang, RSVP 3-4 Dual Recovery Anon. V
23 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	24 9:30-10:30 Stroll for the Soul (Walking Group) IP 11-12 Gardening Group IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	25 10:30-11:30 Anxiety & Depression (LH) H 11:30-12:30 Self Compassion H 1:30-2:30 Living Well w/ Bipolar H 2:30-4 Job Seekers Workshop @ TMHA Main Office IP	26 11:30-12:30 Journal & Reflect IP 1-2 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	27 10-11 Coffee & Contemplation IP 11-12 Center Beautifying IP 12-2 Community Cooking Class IP 3-4 Dual Recovery Anon. V
30 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	31 9:30-10:30 Stroll for the Soul (Walking Group) IP 11-12 Art & Chill IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	Call or visit to become a free member: 1306 Nipomo St. San Luis Obispo, CA 93405 HOPE HOUSE SLO: (805) 541-6813 (SH) SAFE HAVEN ARROYO GRANDE: (805)489-9659 (LH) LIFE HOUSE ATASCADERO: (805)464-0512	V—Virtual Group IP—In Person H—In Person & Virtual Events may change. If you are feeling sick or are experiencing cold/flu symptoms, please stay home and join one of our virtual groups.	“Just because no one else can heal or do your inner work for you doesn’t mean you can, should, or need to do it alone.” – Lisa Olivera