



Hope House March 2026



(805) 801-3536

mvelazquez@t-mha.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 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>3 9:30-10:30 Stroll for the Soul IP 11-12 Mindfulness Meditation H 12:00-1:00 Goal Setting Group IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H</p>	<p>4 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 5-6 Grupo de bienestar emocional H</p>	<p>5 10-11 Art & Chill IP 11-12 Ink & Belonging IP 12:00-1:00 Board Games IP 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H</p>	<p>6 9:30-10:30 Coffee & Contemplation IP 10:30-11:30 Victory Over OCD H 12:00- 2:00 Unity Event: Music Jam @ Hope House IP 3-4 Dual Recovery Anon. V</p>
<p>9 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>10 9:30-10:30 Stroll for the Soul IP 10:30-11:30 Center Care and Planning IP 12:00-1:00 Goal Setting Group IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3-4:30 Peer Advocacy & Advisory Team PAAT Group IP</p>	<p>11 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 5-6 Grupo de bienestar emocional H</p>	<p>12 10-11 Art & Chill IP 11-12 Poetry & Journal IP 12:00-1:00 Board Games IP 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H</p>	<p>13 9:30-10:30 Coffee & Contemplation IP 10:30-11:30 Victory Over OCD H 12:00- 2:00 Baylor Farewell: Baking and bye-byes IP 3-4 Dual Recovery Anon. V</p>
<p>16 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>17 11-:00-1:00 Outing: Stroll for the Soul at Avila Beach (RSVP, van leaves at 10:30) IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H</p>	<p>18 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 5-6 Grupo de bienestar emocional H</p>	<p>19 10-11 Art & Chill IP 11-12 Ink & Belonging IP 12:00-1:00 Board Games IP 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H</p>	<p>20 CENTER CLOSED FOR STAFF DEVELOPMENT 3-4 Dual Recovery Anon. V</p>
<p>23 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>24 9:30-10:30 Stroll for the Soul IP 11-12 Mindfulness Meditation H 12:00-1:00 Goal Setting Group IP 2-3 Dual Recovery Anon. V 3-4:30 Peer Advocacy & Advisory Team PAAT Group IP</p>	<p>25 10:30-11:30 Anxiety & Depression H 12-1 Sound bath with Clifton (LH) V 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H 5-6 Grupo de bienestar emocional H</p>	<p>26 10-11 Art & Chill IP 11-12 Poetry & Journal IP 12:00-1:00 Board Games IP 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H</p>	<p>27 9:30-10:30 Coffee & Contemplation IP 11:00-2:00 Outing: Morro Rock guided tour + Picnic (RSVP, van leaves at 10:30) IP 3-4 Dual Recovery Anon. V</p>
<p>30 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>31 9:30-10:30 Stroll for the Soul IP 11-12 Mindfulness Meditation H 12:00-1:00 Goal Setting Group IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H</p>	<p>Call or visit us to sign up as a new member. 1306 Nipomo St. San Luis Obispo, CA 93405 <u>HOPE HOUSE SLO</u> (805) 541-6813 <u>(SH) SAFE HAVEN ARROYO GRANDE</u> (805)489-9659 <u>(LH) LIFE HOUSE ATASCADERO</u> (805)464-0512</p>	<p>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.</p>	