

Hope House October 2019

SLO Wellness Center Hope House
1306 Nipomo St (805) 541-6813

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please arrive on time as the door will be locked after a 10 minute grace period.</p> <p>Call us to sign up as a New Member! (805) 541-6813</p>	<p>1 10-11 Anger Management 11-12 Voices and Visions Support Group 12:30-1:30 Learning EFT/Tapping 1:30-3 Making Homemade Sauerkraut 3-4 Women's Group</p>	<p>2 10-11 Social Hour 11-12 Anxiety Support Group 12:30-2 Calendar Brainstorm 2-4 Movie Club 4-8:30 Outing: Burger Dinner and Suicide Prevention Forum 2019 in Paso Robles (Please RSVP)</p>	<p>3 10-11 Communication Skills 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 October Birthdays! 2:30-4 Dr. Moreno's Group</p>	<p>4 10-11 Exploring Personal Strengths 11-12 Health and Wellness 12:30-1:30 Post-Traumatic Growth Group 1:30-2:30 SLO Creek Walk 2:30-4 Art Project: Fall Themed Suncatchers</p>
<p>7 10-11 Social Hour 11-12 Depression Support Group 12:15-1:30 Music Sharing 1:30-2 Center Clean Up 2-3 Empathy Group 6-7 Healing Depression</p>	<p>8 10-11 Anger Management 11-12 Voices and Visions Support Group 12:30-1:30 Mindful Meditation 1:30-4:00 Outing: Avila Valley Barn for Pumpkins & Hayrides (Please RSVP)</p>	<p>9 10-11 Social Hour 11-12 Anxiety Support Group 12:30-1:30 Laughter is the Best Medicine: Sharing Jokes & Funny Stories 1:30-4:00 Movie Club Presents: "CrazyWise" Documentary And Discussion Group</p>	<p>10 10-11 Communication Skills 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Abstract Acrylic Art 2:30-4 Dr. Moreno's Group</p>	<p>11 Hope House Closed 12 9-12 "Out of the Darkness" Walk (Meet at Hope House)</p>
<p>14 10-11 Social Hour 11-12 Depression Support Group 12:15-1:30 Music Sharing 1:30-2 Center Clean Up 2-3 Empathy Group 6-7 Healing Depression</p>	<p>15 10-11 Anger Management 11-12 Voices and Visions Support Group 12:30-2 Green Thumb Gardening with our "Garden Ambassador" 2-3 Mindful Meditation 3-4 Women's Group</p>	<p>16 10-4 Santa Margarita Exploration Day (Please RSVP) Hope House will provide a picnic lunch. Please bring a hat, water bottle, and quality shoes</p>	<p>17 10-11 Communication Skills 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Sharing Our Talents Together 2:30-4 Dr. Moreno's Group</p>	<p>18 10-11 Exploring Personal Strengths 11-12 Health and Wellness 12:30-1:30 Post-Traumatic Growth Group 1:30-4 El Chorro Park Trail Hike (Please RSVP)</p>
<p>21 10-11 Social Hour 11-12 Depression Support Group 12:15-1:30 Music Sharing 1:30-2 Center Clean Up 2-3 Empathy Group 6-7 Healing Depression</p>	<p>22 10-11 Anger Management 11-12 Voices and Visions Support Group 12:30-3:00 Outing: Apple Picking (Please RSVP) 3:00-4:00 Women's Group</p>	<p>23 10-11 Social Hour 11-12 Anxiety Support Group 12:30- 2 Cooking: Homemade Applesauce 2-4 Apples to Apples Game</p>	<p>24 10-11 Communication Skills 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Abstract Acrylic Art 2:30-4 Dr. Moreno's Group</p>	<p>25 10-11 Exploring Personal Strengths 11-12 Post-Traumatic Growth Group 12:30-4 Bowling Outing (Please RSVP)</p>
<p>28 10-11 Social Hour 11-12 Depression Support Group 12:15-1:30 Music Sharing 1:30-2 Center Clean Up 2-3 Empathy Group 6-7 Healing Depression</p>	<p>29 10-11 Anger Management 11-12 Voices and Visions Support Group 12:30 - 4 Spooky Cooooking & Creepy Treats</p>	<p>30 10-11 Social Hour 11-12 Anxiety Support Group 12:30-2:30 Pumpkin Carving & Baking Pumpkin Seeds 2:30-4 Movie Club Presents: "The Nightmare Before Christmas"</p>	<p>31 10-11 Communication Skills 11-2 Halloween Party SLO Guild Hall 2:30-4 Dr. Moreno's Group</p>	<p>Life happens! Some events/ activities subject to change</p>  