



Hope House October 2025



(805) 801-3536
carmstrong@t-mha.org

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	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.	1 10:30-11:30 Gentle Yoga IP 11:30-12:30 Befriending Emotions H 1:30-2:30 Living Well w/ Bipolar H	2 11:30-12:30 Journal & Reflect IP 12:30-1:30 Sharpening Social Skills IP 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	3 10-11 Coffee & Contemplation IP 11-12 Ambassador Check-Ins IP 12:30-2:30 Matt's Pismo Bowl Send-Off (RSVP for a van ride) IP 3-4 Dual Recovery Anon. V
6 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	7 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Center Care and Planning IP 12-2 Peer to Peer (registration only) IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3-4:30 PAAT Meeting TMHA Office H	8 10:30-11:30 10:30-11:30 Anxiety & Depression (LH) H 11:30-12:30 Self Compassion H 1:30-2:30 Living Well w/ Bipolar H	9 11:30-12:30 Poetry Group IP 12:30-1:30 Goal Setting IP 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	10 10-11 Coffee & Contemplation IP 11-12 Gardening Group IP 12-4pm Peer Support Conference IP 3-4 Dual Recovery Anon. V
13 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	14 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Art & Chill IP 12-2 Peer to Peer (registration only) IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	15 10:30-11:30 Gentle Yoga IP 11:30-12:30 Befriending Emotions H 1:30-2:30 Living Well w/ Bipolar H	16 11:30-12:30 Journal & Reflect IP 12:30-1:30 Sharpening Social Skills IP 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	17 10-11 Coffee & Contemplation IP 11-12 Ambassador Check-Ins IP 12:30-2:30 Member Celebrations IP 3-4 Dual Recovery Anon. V
20 12-1 OCD 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	21 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Center Care and Planning IP 12-2 Peer to Peer (registration only) IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3-4:30 PAAT Meeting TMHA Office H	22 10:30-11:30 10:30-11:30 Anxiety & Depression (LH) H 11:30-12:30 Self Compassion H 1:30-2:30 Living Well w/ Bipolar H	23 11:30-12:30 Poetry Group IP 12:30-1:30 Goal Setting IP 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	24 10-11 Coffee & Contemplation IP 11-12 Gardening Group IP 12:30-2:30 Community Cooking IP 3-4 Dual Recovery Anon. V
27 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	28 9:30-10:30 Stroll for the Soul (Walking Group) IP 10:30-12:00 Art & Chill IP 12-2 Peer to Peer (registration only) IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	29 10:30-11:30 Gentle Yoga IP 11:30-12:30 Befriending Emotions H 1:30-2:30 Living Well w/ Bipolar H	30 11:30-12:30 Journal & Reflect IP 12:30-1:30 Sharpening Social Skills IP 2:30-4 Dr. Moreno's Group IP 3-4 Grief Support V (LH) 4-5 LGBTQ+ Group H 5-6 Grupo de bienestar emocional H	31 10-11 Coffee & Contemplation IP Halloween Party At Life House in Atascadero 12:30-2:30, RSVP for van @ 12) 3-4 Dual Recovery Anon. V