



# Hope House October 2025



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| Monday                                                                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                | Thursday                                                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Call or visit us to sign up as a new member.</b><br/> <b>1306 Nipomo St.</b><br/> <b>San Luis Obispo, CA 93405</b><br/> HOPE HOUSE SLO: (805) 801-3536<br/> (SH) SAFE HAVEN AG: (805)305-3724<br/> (LH) LIFE HOUSE ATASCADERO:<br/> (805)305-7721</p> | <p><b>V—Virtual Group IP—In Person</b></p> <p><b>Events may change.</b></p> <p>If you are feeling sick or are experiencing cold/flu symptoms, please stay home and join one of our virtual groups.</p>                                                                                                        | <p><b>1</b> 10:30-11:30 Gentle Yoga <b>IP</b><br/> 11:30-12:30 Befriending Emotions <b>H</b><br/> 1:30-2:30 Living Well w/ Bipolar <b>H</b></p>                          | <p><b>2</b> 11:30-12:30 Journal &amp; Reflect <b>IP</b><br/> 12:30-1:30 Sharpening Social Skills <b>IP</b><br/> 2:30-4 Dr. Moreno's Group <b>IP</b><br/> 3-4 Grief Support <b>V</b> (LH)<br/> 4-5 LGBTQ+ Group <b>H</b><br/> 5-6 Grupo de bienestar emocional <b>H</b></p>  | <p><b>3</b> 10-11 Coffee &amp; Contemplation <b>IP</b><br/> 11-12 Ambassador Check-Ins <b>IP</b><br/> <b>12:30-2:30 Matt's Pismo Bowl Send-Off (RSVP for a van ride) IP</b><br/> 3-4 Dual Recovery Anon. <b>V</b></p> |
| <p><b>6</b> <b>CLOSED FOR STAFF DEVELOPMENT</b><br/> 3-4 Build Your Skills <b>V</b><br/> 5:30-6:30 Support for Suicide Attempt Survivors <b>V</b><br/> 6-7 Healing Depression <b>IP</b></p>                                                                 | <p><b>7</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b><br/> 10:30-12:00 Center Care and Planning <b>IP</b><br/> 12-2 Peer to Peer (registration only) <b>IP</b><br/> 2-3 Dual Recovery Anon. <b>V</b><br/> 2-3 Voices &amp; Visions <b>H</b><br/> <b>3-4:30 PAAT Meeting TMHA Office H</b></p>  | <p><b>8</b> 10:30-11:30 10:30-11:30 Anxiety &amp; Depression (LH) <b>H</b><br/> 11:30-12:30 Self Compassion <b>H</b><br/> 1:30-2:30 Living Well w/ Bipolar <b>H</b></p>  | <p><b>9</b> 11:30-12:30 Poetry Group <b>IP</b><br/> 12:30-1:30 Goal Setting <b>IP</b><br/> 2:30-4 Dr. Moreno's Group <b>IP</b><br/> 3-4 Grief Support <b>V</b> (LH)<br/> 4-5 LGBTQ+ Group <b>H</b><br/> 5-6 Grupo de bienestar emocional <b>H</b></p>                       | <p><b>10</b> 10-11 Coffee &amp; Contemplation <b>IP</b><br/> 11-12 Gardening Group <b>IP</b><br/> <b>12-4pm Peer Support Conference IP</b><br/> 3-4 Dual Recovery Anon. <b>V</b></p>                                  |
| <p><b>13</b> 12-1 Seeking Safety <b>IP</b><br/> 1-2:30 Music Sharing <b>H</b><br/> 3-4 Build Your Skills <b>V</b><br/> 5:30-6:30 Support for Suicide Attempt Survivors <b>V</b><br/> 6-7 Healing Depression <b>IP</b></p>                                   | <p><b>14</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b><br/> 10:30-12:00 Art &amp; Chill <b>IP</b><br/> 12-2 Peer to Peer (registration only) <b>IP</b><br/> 2-3 Dual Recovery Anon. <b>V</b><br/> 2-3 Voices &amp; Visions <b>H</b></p>                                                        | <p><b>15</b> 10:30-11:30 Gentle Yoga <b>IP</b><br/> 11:30-12:30 Befriending Emotions <b>H</b><br/> 1:30-2:30 Living Well w/ Bipolar <b>H</b></p>                         | <p><b>16</b> 11:30-12:30 Journal &amp; Reflect <b>IP</b><br/> 12:30-1:30 Sharpening Social Skills <b>IP</b><br/> 2:30-4 Dr. Moreno's Group <b>IP</b><br/> 3-4 Grief Support <b>V</b> (LH)<br/> 4-5 LGBTQ+ Group <b>H</b><br/> 5-6 Grupo de bienestar emocional <b>H</b></p> | <p><b>17</b> 10-11 Coffee &amp; Contemplation <b>IP</b><br/> 11-12 Ambassador Check-Ins <b>IP</b><br/> 12:30-2:30 Member Celebrations <b>IP</b><br/> 3-4 Dual Recovery Anon. <b>V</b></p>                             |
| <p><b>20</b> 12-1 OCD Group <b>IP</b><br/> 1-2:30 Music Sharing <b>H</b><br/> 3-4 Build Your Skills <b>V</b><br/> 5:30-6:30 Support for Suicide Attempt Survivors <b>V</b><br/> 6-7 Healing Depression <b>IP</b></p>                                        | <p><b>21</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b><br/> 10:30-12:00 Center Care and Planning <b>IP</b><br/> 12-2 Peer to Peer (registration only) <b>IP</b><br/> 2-3 Dual Recovery Anon. <b>V</b><br/> 2-3 Voices &amp; Visions <b>H</b><br/> <b>3-4:30 PAAT Meeting TMHA Office H</b></p> | <p><b>22</b> 10:30-11:30 10:30-11:30 Anxiety &amp; Depression (LH) <b>H</b><br/> 11:30-12:30 Self Compassion <b>H</b><br/> 1:30-2:30 Living Well w/ Bipolar <b>H</b></p> | <p><b>23</b> 11:30-12:30 Poetry Group <b>IP</b><br/> 12:30-1:30 Goal Setting <b>IP</b><br/> 2:30-4 Dr. Moreno's Group <b>IP</b><br/> 3-4 Grief Support <b>V</b> (LH)<br/> 4-5 LGBTQ+ Group <b>H</b><br/> 5-6 Grupo de bienestar emocional <b>H</b></p>                      | <p><b>24</b> 10-11 Coffee &amp; Contemplation <b>IP</b><br/> 11-12 Gardening Group <b>IP</b><br/> 12:30-2:30 Community Cooking <b>IP</b><br/> 3-4 Dual Recovery Anon. <b>V</b></p>                                    |
| <p><b>27</b> 12-1 Seeking Safety <b>IP</b><br/> 1-2:30 Music Sharing <b>H</b><br/> 3-4 Build Your Skills <b>V</b><br/> 5:30-6:30 Support for Suicide Attempt Survivors <b>V</b><br/> 6-7 Healing Depression <b>IP</b></p>                                   | <p><b>28</b> 9:30-10:30 Stroll for the Soul (Walking Group) <b>IP</b><br/> 10:30-12:00 Art &amp; Chill <b>IP</b><br/> 12-2 Peer to Peer (registration only) <b>IP</b><br/> 2-3 Dual Recovery Anon. <b>V</b><br/> 2-3 Voices &amp; Visions <b>H</b></p>                                                        | <p><b>29</b> 10:30-11:30 Gentle Yoga <b>IP</b><br/> 11:30-12:30 Befriending Emotions <b>H</b><br/> 1:30-2:30 Living Well w/ Bipolar <b>H</b></p>                         | <p><b>30</b> 11:30-12:30 Journal &amp; Reflect <b>IP</b><br/> 12:30-1:30 Sharpening Social Skills <b>IP</b><br/> 2:30-4 Dr. Moreno's Group <b>IP</b><br/> 3-4 Grief Support <b>V</b> (LH)<br/> 4-5 LGBTQ+ Group <b>H</b><br/> 5-6 Grupo de bienestar emocional <b>H</b></p> | <p><b>31</b> 10-11 Coffee &amp; Contemplation <b>IP</b><br/> <b>Halloween Party</b><br/> <b>At Life House in Atascadero</b><br/> <b>12:30-2:30, RSVP for van @ 12)</b><br/> 3-4 Dual Recovery Anon. <b>V</b></p>      |