



Hope House September 2026



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Monday	Tuesday	Wednesday	Thursday	Friday
Call for login info or to sign up as a new member. (805) 801 3536 V—Virtual Group IP—In Person H—Virtual & In Person	1 9:30-10:30 Stroll for the Soul IP 10:30-11:30 Self Compassion Group IP 11:30-12:30 Men's Group H 1-2 Mindfulness Meditation H 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3:15-4:15 Healthy Habits V	2 9:30-10:30 Gardening Group IP 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H 12:30-1:30 Gentle Yoga IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H	3 10-11 Art & Chill IP 11:00– 1pm Music Jam @ Hope House IP 2:30-4 Dr. Moreno's Group IP 4-5 LGBTQ+ Group V	4 9:30-10:30 Coffee & Contemplation IP 10:30-11:30 Victory Over OCD H 11:30– 12:30 Ambassador Check-in IP 3-4 Dual Recovery Anon. V
7 12-1 Seeking Safety IP 1-3 Music Sharing H 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional H 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	8 9:30-10:30 Stroll for the Soul IP 10:30-11:30 Self Compassion Group IP 11:30-12:30 Men's Group H 12:30-2 Center Care and Planning H 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3:15-4:15 Peace with Food & Body H	9 9:30-10:30 Gardening Group IP 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H 12:30-1:30 Gentle Yoga IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H 3:30-4:30 PAAT Meeting IP	10 9-10 Women's Group V 10-11 Art & Chill IP 11-12 Board Games IP 12:00-1:00 Letter Writing IP 1-2 Renters Resources H 2:30-4 Dr. Moreno's Group IP 4-5 LGBTQ+ Group H	11 9:30-10:30 Coffee & Contemplation IP 10:30-11:30 Victory Over OCD H 11:30– 1 Art & Chill: Making Toys for Woods Humane Society Pets IP 3-4 Dual Recovery Anon. V
14 12-1 Seeking Safety IP 1-3 Music Sharing H 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional H 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	15 9:30-10:30 Stroll for the Soul IP 10:30-11:30 Self Compassion Group IP 11:30-12:30 Men's Group H 1-2 Mindfulness Meditation H 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3:15-4:15 Healthy Habits V	16 9:30-10:30 Gardening Group IP 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H 12:30-1:30 Gentle Yoga IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H	17 9-10 Women's Group V 10-11 Art & Chill IP 11:30-1:30 Outing: Beach Journaling @ Avila Beach (RSVP van leaves 11) IP 2:30-4 Dr. Moreno's Group IP 4-5 LGBTQ+ Group H	18 9:30-10:30 Coffee & Contemplation IP 10:30-11:30 Victory Over OCD H 11:30– 1:30 Movie & Popcorn IP 3-4 Dual Recovery Anon. V
21 12-1 Seeking Safety IP 1-3 Music Sharing H 3-4 Build Your Skills V 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	22 10– 11:30 Outing: Railroad Trail (RSVP van leaves 9:30) IP 11:30-12:30 Men's Group H 1-2 Mindfulness Meditation H 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3:15-4:15 Peace with Food & Body H	23 9:30-10:30 Gardening Group IP 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H 12:30-1:30 Gentle Yoga IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H 3:30-4:30 PAAT Meeting IP	24 9-10 Women's Group V 10-11 Art & Chill IP 11-12 Board Games IP 12:00-1:00 Letter Writing IP 2:30-4 Dr. Moreno's Group IP	25 9:30-10:30 Coffee & Contemplation IP 10:30-11:30 Victory Over OCD H 12:00– 2 Unity Event: Ice Cream Social with SH & LH @ Emerson Park IP 3-4 Dual Recovery Anon. V
28 CENTER CLOSED FOR STAFF DEVELOPMENT DAY 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	29 10-12 Outing: Avila Valley Barn with LH &SH (RSVP van leaves 9:30) IP 1-2 Mindfulness Meditation H 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3:15-4:15 Healthy Habits V	30 9:30-10:30 Gardening Group IP 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H 12:30-1:30 Gentle Yoga IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H	SEPTEMBER SUICIDE PREVENTION AWARENESS MONTH 	Events may change. If you are feeling sick or are experiencing cold/flu symptoms, please stay home and join one of our virtual groups.