

# Hope House August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <u>VIRTUAL GROUPS</u> 10-11 Navigating Depression 11:30-12:30 Guided Meditation 1-2:30 Music Sharing 3-4 Bipolar Support Group	<b>4</b> <u>VIRTUAL GROUPS</u> 9:30-10:30 Yoga for Everyone 11-12:30 Voices and Visions 1-2 Building Confidence NO Poetry & Writing Lab Today	<b>5</b> <u>VIRTUAL GROUPS</u> 11:30-12:30 Chat & Chew (Bring lunch and hang out) 2:30-3:45 Artistic Expressions (Bring paper and other materials)	<b>6</b> <u>VIRTUAL GROUPS</u> 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 2:30-4 Dr. Moreno's Group	<b>7</b> <u>VIRTUAL GROUPS</u> 10-12 WRAP (RSVP, 1 of 8) 12-1:15 Facing Challenge Together 1:30-2:30 Game Time! 3-4 Dual Recovery Anon.
<b>10</b> <u>VIRTUAL GROUPS</u> 10-11 Navigating Depression 11-12:30 PAAT General Mtg 1-2:30 Music Sharing 3-4 OCD Group	<b>11</b> <u>VIRTUAL GROUPS</u> 9:30-10:30 Yoga for Everyone 11-12:30 Voices and Visions 1-2 Building Confidence NO Poetry & Writing Lab Today	<b>12</b> <u>VIRTUAL GROUPS</u> 11:30-12:30 Chat & Chew (Bring lunch and hang out) 2:30-3:45 Artistic Expressions (Bring paper and other materials)	<b>13</b> <u>VIRTUAL GROUPS</u> 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 2:30-4 Dr. Moreno's Group	<b>14</b> <u>VIRTUAL GROUPS</u> 10-12 WRAP (RSVP, 2 of 8) 12-1:15 Facing Challenge Together 1:30-2:30 Game Time! 3-4 Dual Recovery Anon.
<b>17</b> <u>VIRTUAL GROUPS</u> 10-11 Navigating Depression 11:30-12:30 Guided Meditation 1-2:30 Music Sharing 3-4 Regulating Emotions	<b>18</b> <u>VIRTUAL GROUPS</u> 9:30-10:30 Yoga for Everyone 11-12:30 Voices and Visions NO Building Confidence Today 2:30-4:00 Poetry & Writing Lab	<b>19</b> <u>VIRTUAL GROUPS</u> 10-11 Personal Skill-Building (call for info) 11:30-12:30 Chat & Chew (Bring lunch and hang out) 2:30-3:45 Artistic Expressions (Bring paper and other materials)	<b>20</b> <u>VIRTUAL GROUPS</u> 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 2:30-4 Dr. Moreno's Group	<b>21</b> <u>VIRTUAL GROUPS</u> 10-12 WRAP (RSVP, 3 of 8) 12-1:15 Facing Challenge Together 1:30-2:30 Game Time! 3-4 Dual Recovery Anon.
<b>24</b> <u>VIRTUAL GROUPS</u> 10-11 Navigating Depression 11-12:30 PAAT Planning Mtg 1-2:30 Music Sharing 3-4 LGBTQIA+ Living Well	<b>25</b> <u>VIRTUAL GROUPS</u> 9:30-10:30 Yoga for Everyone 11-12:30 Voices and Visions 1-2 Building Confidence 2:30-4:00 Poetry & Writing Lab	<b>26</b> <u>VIRTUAL GROUPS</u> 10-11 Personal Skill-Building (call for info) 11:30-12:30 Chat & Chew (Bring lunch and hang out) 2:30-3:45 Artistic Expressions (Bring paper and other materials)	<b>27</b> <u>VIRTUAL GROUPS</u> 9:30-10:30 Healthy Thinking 11-12 Overcoming Anxiety 2:30-4 Dr. Moreno's Group	<b>28</b> <u>VIRTUAL GROUPS</u> 10-12 WRAP (RSVP, 4 of 8) 12-1:15 Facing Challenge Together 1:30-2:30 Game Time! 3-4 Dual Recovery Anon.
<b>31</b> <u>VIRTUAL GROUPS</u> 10-11 Navigating Depression 11:30-12:30 Guided Meditation 1-2:30 Music Sharing	<p style="text-align: center;"><b>Re-Opening Procedures</b></p> <p>Members &amp; Employees will be required to wash/sanitize their hands, wear a mask, and follow social distancing guidelines. Anyone who has experienced recent symptoms of Covid-19 will be asked to leave.</p>	<p>All groups are offered via Zoom. Members will be required to follow new guidelines in order to participate when in-person groups begin.</p>	<p>Virtual and In-Person groups are available to Wellness Center Members only. Please call for login information or to sign up as a new member.</p> <p style="text-align: center;"><b>(805) 541-6813</b></p>	