





# Hope House July 2021

SLO Wellness Center (805) 541-6813  
1306 Nipomo Street, SLO, CA

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Members &amp; Employees are required to wash/sanitize their hands, wear a mask, and check temperature. Anyone who has experienced recent symptoms of Covid-19 can attend virtual groups.</p>	<p>Call for login info or to sign up as a new member. <b>(805) 541-6813</b></p> <p>All groups are in person, unless otherwise indicated.</p> <p><b>Events may change unexpectedly.</b></p>	<p>Catch us on the Web!</p>  <p>Transitions-Mental Health Association</p> <p><b>www.T-MHA.org</b></p>	<p><b>1</b></p> <p>Wellness Centers</p> <p><b>CLOSED</b></p>	<p><b>2</b></p> <p><b>11-2:30</b></p> <p><b>Picnic on the Patio</b></p> <p><b>Bocce Ball &amp; Art Buffet</b></p> <p><b>Movie "Independence Day"</b></p> <p><b>** RSVP for Lunch **</b></p> <p>3-4 Dual Recovery Anon., V</p>
<p><b>5</b></p>  <p><b>CENTER CLOSED</b></p>	<p><b>6</b></p> <p>9:30-10:30 Walking Group, Meet at Hope House</p> <p>Voices and Visions will return IN PERSON in August</p> <p>12:30-1:30 Yoga for Anxiety &amp; Depression, IP+V</p> <p>2-3 Wellness Through Drama</p>	<p><b>7</b></p> <p>10-12 NAMI Peer-to-Peer (1/8)</p> <p>10-11 Cultivating Self-Compassion</p> <p>11:30-12:30 Chat &amp; Chew &amp; Calendar Brainstorming</p> <p>1-2 Written Expressions, V+IP</p>	<p><b>8</b></p> <p>11:00-12:00 Overcoming Anxiety, V</p> <p>12:30-2 Artistic Expressions</p> <p><b>"Hope" Flags (like Prayer flags)</b></p> <p>2:30-4 Dr. Moreno's Group, Virtual</p>	<p><b>9</b></p> <p><b>10-11:30 Gardening</b></p> <p><b>12-1 Eating for Well-being</b></p> <p>1:30-2:30 OCD Group</p> <p>3-4 Dual Recovery Anon., V</p>
<p><b>12</b></p> <p>11:30-12:30 Navigating Depression, V</p> <p>1-2 Music Sharing</p> <p>2:30-3:30 Exploring Emotions</p> <p>3:30-4:30 Monday Meditation</p> <p>5-6 CalHope Wellness Group, V</p>	<p><b>13</b></p> <p>9:30-10:30 Walking Group, Meet at Hope House</p> <p>Voices and Visions will return IN PERSON in August</p> <p>12:30-1:30 Yoga for Anxiety &amp; Depression, IP+V</p> <p>2-3 Wellness Through Drama</p>	<p><b>14</b></p> <p>10-12 NAMI Peer-to-Peer (2/8)</p> <p>10-11 Cultivating Self-Compassion</p> <p>11:30-12:30 Chat &amp; Chew</p> <p>1-2 Written Expressions, V+IP</p> <p><b>3-5 Movie Matinee</b></p> <p><b>"Hidden Figures"</b></p>	<p><b>15</b></p> <p>11:00-12:00 Overcoming Anxiety, V</p> <p>12:30-2 Artistic Expressions</p> <p><b>Tie-Dye, ** RSVP</b></p> <p>2:30-4 Dr. Moreno's Group, Virtual</p>	<p><b>16</b></p> <p><b>10-11:30 Gardening</b></p> <p><b>12-1 Eating for Well-being</b></p> <p>1:30-2:30 Bipolar Support</p> <p>3-4 Dual Recovery Anon., V</p>
<p><b>19</b></p> <p>11:30-12:30 Navigating Depression, V</p> <p>1-2 Music Sharing</p> <p>2:30-3:30 Exploring Emotions</p> <p>3:30-4:30 Monday Meditation</p> <p>5-6 CalHope Wellness Group, V</p>	<p><b>20</b></p> <p>9:30-10:30 Walking Group Meet at Hope House</p> <p>Voices and Visions will return IN PERSON in August</p> <p>12:30-1:30 Yoga for Anxiety &amp; Depression, IP+V</p> <p>2-3 Wellness Through Drama</p> <p><b>3:30-4:30 LGBTQ Living Well</b></p>	<p><b>21</b></p> <p>10-12 NAMI Peer-to-Peer(3/8)</p> <p>10-11 Cultivating Self-Compassion</p> <p>11:30-12:30 Chat &amp; Chew</p> <p>1-2 Written Expressions, V+IP</p> <p><b>5-7 Cook-Along: Pasta Alfredo and Raspberry Bars</b></p> <p>Virtual ** RSVP</p>	<p><b>22</b></p> <p>11:00-12:00 Overcoming Anxiety, V</p> <p>12:30-2 Artistic Expressions</p> <p><b>Charcoal Drawing Techniques</b></p> <p>2:30-4 Dr. Moreno's Group</p> <p><b>** In Person **</b></p>	<p><b>23</b></p> <p><b>10-11:30 Gardening</b></p> <p><b>12-1 Eating for Well-being</b></p> <p>1:30-2:30 OCD Group</p> <p>3-4 Dual Recovery Anon., V</p>
<p><b>26</b></p> <p>11:30-12:30 Navigating Depression, V</p> <p>1-2 Music Sharing</p> <p>5-6 CalHope Wellness Group, V</p>	<p><b>27</b></p> <p>9:30-10:30 Walking Group Meet at Hope House</p> <p>Voices and Visions will return IN PERSON in August</p> <p>12:30-1:30 Yoga for Anxiety &amp; Depression, IP+V</p> <p>2-3 Wellness Through Drama</p>	<p><b>28</b></p> <p>10-12 NAMI Peer-to-Peer (4/8)</p> <p>11:30-12:30 Chat &amp; Chew</p> <p>1-2 Written Expressions, V+IP</p>	<p><b>29</b></p> <p>11:00-12:00 Overcoming Anxiety, V</p> <p>12:30-2 Artistic Expressions</p> <p><b>Art Buffet</b></p> <p>2:30-4 Dr. Moreno's Group</p> <p><b>** In Person **</b></p>	<p><b>30</b></p> <p><b>10-11:30 Gardening</b></p> <p><b>12-1 Eating for Well-being</b></p> <p>1:30-2:30 Bipolar Support</p> <p>3-4 Dual Recovery Anon., V</p>