



# Hope House January 2025



Nipomo St (805) 541-6813

mareed@t-mha.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call for Zoom login info or to sign up as a new member. HOPE HOUSE SLO: (805) 541-6813 (SH) SAFE HAVEN ARROYO GRANDE: (805)489-9659 (LH) LIFE HOUSE ATASCADERO: (805)464-0512</p>	<p><b>V—Virtual Group IP—In Person</b> <b>Events may change.</b>  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>  <b>Center Closed</b>  <b>Happy New Year!</b></p>	<p><b>2</b>    <b>9:30-10:30 Gentle Yoga IP</b> 11:30-12:30 Journal &amp; Reflect <b>IP</b> 1-2 Sharpening Social Skills <b>IP</b> 2-3 Voices &amp; Visions (LH), <b>V</b> 3-4 Hospice Grief Support, <b>V</b> (LH) 4-5 LGBTQ+ Group <b>V&amp;IP</b></p>	<p><b>3</b> 10-11 Coffee &amp; Contemplation <b>IP</b> 11-12 <b>Victory Over OCD IP</b> 12:30-2:30 Member Celebrations <b>IP</b> 3-4 Dual Recovery Anon., <b>V</b></p>
<p><b>6</b>    10-11 Anger Management Support Group <b>V</b> 11:30-12:30 Mindful Meditation <b>IP</b> 1-2:30 Music Sharing <b>V&amp;IP</b> 5:30-6:30 Support for Suicide Attempt Survivors, <b>V</b> 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> <b>11-12 Art &amp; Chill IP</b> <b>12:30-1:30 Gentle Yoga IP</b> 2-3 Dual Recovery Anon., <b>V</b> 2-3 Voices &amp; Visions <b>IP</b> 3-4:30 PAAT Meeting TMHA Office <b>V&amp;IP</b></p>	<p><b>8</b> 9:30-10:30 Befriending Emotions <b>V&amp;IP</b> 10:45-11:45 Anxiety &amp; Depression, <b>V</b> 11:30-12:30 Self Compassion Circle <b>V&amp;IP</b> 1:30-2:30 Living Well w/ Bipolar <b>V</b> 3-4 Hope House Huddle <b>IP</b></p>	<p><b>9</b>    9:30-10:30 Gentle Yoga <b>IP</b> 11:30-12:30 Poetry Group <b>IP</b> 1-2 SMART Goals <b>IP</b> 2-3 Voices &amp; Visions (LH), <b>V</b> 2:30-4 Dr. Moreno's Group <b>IP</b> 3-4 Hospice Grief Support, <b>V</b> (LH) 4:30-6 Grupo de bienestar emocional <b>V&amp;IP</b></p>	<p><b>10</b> 10-11 Coffee &amp; Contemplation <b>IP</b> <b>11-12 Exploring Community</b> <b>Resources: Food Security IP</b> 12:30-2:30 Community Cooking Class 3-4 Dual Recovery Anon., <b>V</b></p>
<p><b>13</b>    10-11 Anger Management Support Group <b>V</b> 11:30-12:30 Book Club <b>IP</b> 1-2:30 Music Sharing <b>V&amp;IP</b> 5:30-6:30 Support for Suicide Attempt Survivors, <b>V</b> 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> <b>11-12 Snacks For The Center Prep IP</b> <b>12:30-1:30 Gentle Yoga IP</b> 2-3 Dual Recovery Anon., <b>V</b> 2-3 Voices &amp; Visions <b>IP</b></p>	<p><b>15</b> 9:30-10:30 Befriending Emotions <b>V&amp;IP</b> 10:45-11:45 Anxiety &amp; Depression, <b>V</b> 11:30-12:30 Self Compassion Circle <b>V&amp;IP</b> 1:30-2:30 Living Well w/ Bipolar <b>V</b> 3-4 Karaoke <b>IP</b></p>	<p><b>16</b>    <b>9:30-10:30 Gentle Yoga IP</b> 11:30-12:30 Journal &amp; Reflect <b>IP</b> 1-2 Sharpening Social Skills <b>IP</b> 2-3 Voices &amp; Visions (LH), <b>V</b> 2:30-4 Dr. Moreno's Group <b>IP</b> 3-4 Hospice Grief Support, <b>V</b> 4-5 LGBTQ+ Group <b>V&amp;IP</b></p>	<p><b>17</b> 10-11 Coffee &amp; Contemplation <b>IP</b> <b>11-12 Victory Over OCD IP</b> 12:30-2:30 Bowling @ Mustang Lanes <b>(RSVP) IP</b> 3-4 Dual Recovery Anon., <b>V</b></p>
<p><b>20</b>    <b>“LOVE IS THE KEY TO THE PROBLEMS OF THE WORLD” -MLK</b> 10-11 Anger Management Support Group <b>V</b> 5:30-6:30 Support for Suicide Attempt Survivors, <b>V</b> 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> <b>11-12 Art &amp; Chill IP</b> <b>12:30-1:30 Gentle Yoga IP</b> 2-3 Dual Recovery Anon., <b>V</b> 2-3 Voices &amp; Visions <b>IP</b> 3-4:30 PAAT Meeting TMHA Office <b>V&amp;IP</b></p>	<p><b>22</b> 9:30-10:30 Befriending Emotions <b>V&amp;IP</b> 10:45-11:45 Anxiety &amp; Depression, <b>V</b> 11:30-12:30 Self Compassion Circle <b>V&amp;IP</b> 1:30-2:30 Living Well w/ Bipolar <b>V</b> 3-4 Ambassador Hour <b>IP</b></p>	<p><b>23</b>    <b>9:30-10:30 Gentle Yoga IP</b> 11:30-12:30 Poetry Group <b>IP</b> 1-2 SMART Goals <b>IP</b> 2-3 Voices &amp; Visions (LH), <b>V</b> 2:30-4 Dr. Moreno's Group <b>IP</b> 3-4 Hospice Grief Support, <b>V</b> (LH) 4:30-6 Grupo de bienestar emocional <b>V&amp;IP</b></p>	<p><b>24</b> 10-11 Coffee &amp; Contemplation <b>IP</b> <b>11-12 Exploring Community</b> <b>Resources: Tech Support IP</b> <b>12:30-2:30 Drum Circle + Art at Safe Haven, RSVP (Van leaves @ 12pm)</b> 3-4 Dual Recovery Anon., <b>V</b></p>
<p><b>27</b>    10-11 Anger Management Support Group <b>V</b> 11:30-12:30 Book Club <b>IP</b> 1-2:30 Music Sharing <b>V&amp;IP</b> 5:30-6:30 Support for Suicide Attempt Survivors, <b>V</b> 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> <b>11-12 Snacks For The Center Prep IP</b> <b>12:30-1:30 Gentle Yoga IP</b> 2-3 Dual Recovery Anon., <b>V</b> 2-3 Voices &amp; Visions <b>IP</b></p>	<p><b>29</b> 9:30-10:30 Befriending Emotions <b>V&amp;IP</b> 10:45-11:45 Anxiety &amp; Depression, <b>V</b> 11:30-12:30 Self Compassion Circle <b>V&amp;IP</b> 1:30-2:30 Living Well w/ Bipolar <b>V</b> 3-4 Center Clean-up <b>IP</b></p>	<p><b>30</b>    <b>9:30-10:30 Gentle Yoga IP</b> 11:30-12:30 Journal &amp; Reflect <b>IP</b> 1-2 Sharpening Social Skills <b>IP</b> 2-3 Voices &amp; Visions (LH), <b>V</b> 2:30-4 Dr. Moreno's Group <b>IP</b> 3-4 Hospice Grief Support, <b>V</b> 4-5 LGBTQ+ Group <b>V&amp;IP</b></p>	<p><b>31</b>    <b>CENTER CLOSED FOR STAFF DEVELOPMENT</b> 3-4 Dual Recovery Anon., <b>V</b></p>