





Hope House July 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call for login info or to sign up as a new member.</p> <p>(805) 541-6813</p> <p>V—Virtual Group</p> <p>IP—In Person</p>	<p>For all In Person Groups, please present proof of full Covid-19 vaccination including booster or a negative Covid-19 test from within 72 hours prior to attending the group.</p>	<p>“Peace is a journey of a thousand miles and it must be taken one step at a time.” —Lyndon B. Johnson</p>	<p>“The smallest act of kindness is worth more than the grandest intention.” —Oscar Wilde</p>	<p>1</p> <p>11-12 O.C.D. Group V</p> <p>12:30-2:30 Art & Chill:</p> <p>Expressive Painting IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>4</p> <p>11:30-12:30 Depression & Anxiety V</p> <p>1-2:30 Music Sharing V& IP</p> <p>3:30-4:30 Personal Victories IP</p> <p>6-7 Healing Depression IP</p>	<p>5</p> <p>9:30-10:30 Stroll for the Soul IP</p> <p>10-11 Raqs Sharqi, Middle Eastern Dance, V</p> <p>11-12 Self Compassion Circle IP</p> <p>2-3 Holistic Psychologist Podcast Hour V</p>	<p>6</p> <p>10-11 Gardening Group IP</p> <p>12-1 Seeking Safety, V</p> <p>1:30-2:30 Living Well w/Bipolar, V</p> <p>3-4:30 Center Clean Up! IP</p> <p><i>Many hands make light work!</i></p> <p><i>Ice cream to follow.</i></p>	<p>7</p> <p>10-11 Written Expressions IP</p> <p>11:30-12:30 Restorative Yoga V&IP</p> <p>1:30-3:30 Outing to SLO Museum of Art IP</p> <p></p>	<p>8</p> <p>11-12 Cultivating Connections V</p> <p>12:30-2:30 Friday Hangout: Field Day at Emerson Park IP</p> <p>3-4 Dual Recovery Anon., V</p> <p>3:00 PAAT Meeting: Racial Bias and Mental Health V</p>
<p>11</p> <p>10-11 Anger Management Support Group V</p> <p>11:30-12:30 Depression & Anxiety V</p> <p>1-2:30 Music Sharing V& IP</p> <p>3:30-4:30 Personal Victories IP</p> <p>6-7 Healing Depression IP</p>	<p>12</p> <p></p> <p>Community Picnic at Cuesta Park</p> <p>11:30– 1:30</p>	<p>13</p> <p>10-11 Gardening Group IP</p> <p>12-1 Seeking Safety, V</p> <p>1:30-2:30 Living Well w/Bipolar, V</p> <p>3-4 Giving Back: T.L.C. for the Free Little Pantry IP</p>	<p>14</p> <p>10-11 Written Expressions IP</p> <p>11:30-12:30 Restorative Yoga V&IP</p> <p>1-2 Voices & Visions IP</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p>15</p> <p>11-12 O.C.D. Group V</p> <p>12:30-2:30 Art & Chill: Mosaic Creations IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>18</p> <p>10-11 Anger Management Support Group V</p> <p>6-7 Healing Depression IP</p>	<p>19</p> <p>9:30-10:30 Stroll for the Soul IP</p> <p>10-11 Raqs Sharqi, Middle Eastern Dance, V</p> <p>11-12 Self Compassion Circle IP</p> <p>2-3 Holistic Psychologist Podcast Hour V</p>	<p>20</p> <p>10-11 Gardening Group IP</p> <p>12-1 Seeking Safety, V</p> <p>1:30-2:30 Living Well w/Bipolar, V</p> <p>3-4 Do You! Dance Hour IP</p>	<p>21</p> <p>10-11 Written Expressions IP</p> <p>11:30-12:30 Restorative Yoga V&IP</p> <p>1-2 Voices & Visions IP</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p>22</p> <p>11-12 Cultivating Connections V</p> <p>12:30-2:30 Community Cooking Class & Lunch (RSVP, please) IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>25</p> <p>10-11 Anger Management Support Group V</p> <p>11:30-12:30 Depression & Anxiety V</p> <p>1-2:30 Music Sharing: Karaoke Edition! V& IP</p> <p>3:30-4:30 Personal Victories IP</p> <p>6-7 Healing Depression IP</p>	<p>26</p> <p>9:30-10:30 Stroll for the Soul IP</p> <p>10-11 Raqs Sharqi, Middle Eastern Dance, V</p> <p>11-12 Self Compassion Circle IP</p> <p>2-3 Holistic Psychologist Podcast Hour V</p>	<p>27</p> <p>10-11 Gardening Group IP</p> <p>12-1 Seeking Safety, V</p> <p>1:30-2:30 Living Well w/Bipolar, V</p> <p>3:30-4:30 LGBTQIA+ Group V</p>	<p>28</p> <p>10-11 Written Expressions IP</p> <p>11:30-12:30 Restorative Yoga V&IP</p> <p>1-2 Voices & Visions IP</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p>29</p> <p>11-12 O.C.D. Group V</p> <p>12:30-2:30 Mental Health Movie Time: The Aviator IP</p> <p>3-4 Dual Recovery Anon., V</p>