

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> 10-11 Social Hour 11-12 Depression Support Group 12:30-2 Music Sharing <b>2-4 Outing to Goodwill Warehouse (RSVP)</b> 6-7 Healing Depression</p>	<p><b>4</b> 10-11 Anger Management 11-2 Voices &amp; Visions Support Group  <b>12:30-2 Art Group: Watercolor Painting</b> 2-3 Mindful Meditation 3-4 Women's Group</p>	<p><b>5</b> 10-11 Anxiety Support Group <b>11-12 Yoga w/Leah</b>  <b>12:30-1:30 Calendar Planning</b> 1:30-2 Center Clean Up 2-4 Movie Group @ Hope House</p>	<p><b>6</b> 10-11 Communication Skills 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Coping w/Loss 2:30-4 Dr. Moreno's Group</p>	<p><b>7</b> <b>Center Closed Staff Training</b></p>
<p><b>10</b> 10-11 Social Hour 11-12 Depression Support Group 12:30-2 Music Sharing  <b>2-4 Bowling (RSVP, Bring \$5)</b> 6-7 Healing Depression</p>	<p><b>11</b> 10-11 Anger Management 11-12 Voices &amp; Visions Support Group <b>12:30-2 Art Group: Macrame</b>  2-3 Game Hour 3-4 Women's Group</p>	<p><b>12</b> 10-11 Anxiety Support Group <b>11-12 SLO Creek Walk</b> 12:30-1:30 Mindful Meditation 1:30-2 Center Clean Up 2-4 Movie Group @ Hope House</p>	<p><b>13</b> 10-11 Communication Skills 11-12 Bipolar Support Group <b>12-1 Jordan's Goodbye Party</b>  1-2 Coping w/Loss 2-4 Dr. Moreno's Group</p>	<p><b>14</b> 10-11 Exploring Personal Strengths 11-12 Health &amp; Wellness Group  12:30-1:30 Post-Traumatic Growth Group <b>1:30-3 Homemade Berry Ice Cream</b></p>
<p><b>17</b> 10-11 Social Hour 11-12 Depression Support Group 12:30-2 Music Sharing <b>2-4 Outing to Spooner's Cove in Montana de Oro (RSVP)</b> 6-7 Healing Depression</p>	<p><b>18</b> 10-11 Anger Management 11-2 Voices &amp; Visions Support Group <b>12:30-2 Art Group: Printing with Found Objects</b> 2-3 Mindful Meditation 3-4 Women's Group</p>	<p><b>19</b> 10-11 Anxiety Support Group <b>11-4:00 BBQ at Atascadero Lake with Life House</b>  </p>	<p><b>20</b> 10-11 Communication Skills 11-12 Bipolar Support Group 12-1 Chat &amp; Chew Social Hour 1-2 Coping w/Loss 2:30-4: Dr. Moreno's Group</p>	<p><b>21</b> 10-11 Exploring Personal Strengths <b>11-2:30 RLC of Lompoc "Unity" Softball Game (RSVP)</b>  </p>
<p><b>24</b> 10-11 Social Hour 11-12 Depression Support Group 12:30-2 Music Sharing <b>2-4 Waterfall Hike Outing at Reservoir Canyon (RSVP)</b> 6-7 Healing Depression</p>	<p><b>25</b> 10-11 Anger Management 11-12 Voices &amp; Visions Support Group <b>12:30-2 Art Group: Beginning Crochet</b>  2-3 Game Hour 3-4 Women's Group</p>	<p><b>26</b> 10-11 Anxiety Support Group <b>11-12 Yoga w/Leah</b> 12:30-1:30 Mindful Meditation 1:30-2 Center Clean Up 2-4 Movie Group @ Hope House</p>	<p><b>27</b> 10-11 Communication Skills 11-12 Bipolar Support Group 12-1 Chat &amp; Chew Social Hour 1-2 Coping w/Loss 2:30-4 Dr. Moreno's Group</p>	<p><b>28</b> 10-11 Exploring Personal Strengths 11-12 Health &amp; Wellness Group 12:30-1:30 Post-Traumatic Growth Group <b>Center Closes at 1:30pm</b></p>
<p>Please arrive on time as the door will be locked after a 10 minute grace period. Call us to tour Hope House and become a Member! <b>(805) 541-6813</b></p>		<p>JUNE is <i>National</i> <b>PTSD AWARENESS</b> MONTH </p>		<p><b>Life happens!</b> <b>Some events/activities subject to change.</b></p>