


Monday	Tuesday	Wednesday	Thursday	Friday
2 10-11 Social Hour 11-12 Depression Support Group 12:30-2 Music Sharing 2-3 Empathy Group 6-7 Healing Depression	3 10-11 Anger Management 11-12:30 Voices and Visions Support Group 12:30-2 Writer's Workshop 2-3 Meditation 3-4 Open House Brainstorm	4 10-11 Social Hour 11-12 Post Traumatic Growth Group 12:30-1:30 Anxiety Support Group 1:30-4 Outing: SLO Symphony Instrument Petting Zoo (RSVP)	5 CENTER OPENING AT 2:00pm TODAY 2:30-4 Dr. Moreno's Group	6 
9 10-11 Social Hour 11-12 Depression Support Group 12:30-2 Music Sharing 2-3 Empathy Group 6-7 Healing Depression	10 10-11 Anger Management 11-12:30 Voices and Visions Support Group 12:30-1:30 Poetry Group 1:30-4 Cooking: Corned Beef & Cabbage	11 10-11 Social Hour 11-12 Post Traumatic Growth Group 12:30-1:30 Anxiety Support Group 1:30-3:00 Golf "Club" with Steve (Please RSVP) 3-4 Center Clean Up	12 10-11 Presentation: Community Action Partnership and the 211 Line 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Women's Group 2:30-4 Dr. Moreno's Group	13 
16 10-11 Social Hour 11-12 Depression Support Group 12:30-2 Music Sharing 2-3 Empathy Group 6-7 Healing Depression	17 10-11 Anger Management 11-12:30 Voices and Visions Support Group 12:30-2 Writer's Workshop 2-3 Meditation 3-4 Karaoke	18 10-11 Social Hour 11-12 Post Traumatic Growth Group 12-2:30 Cooking: Finger Foods and Snacks 2:30-4 High Tea at Hope House	19 10-11 Relationship-Building Skills 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Coping with Emotional Intensity 2:30-4 Dr. Moreno's Group	20 10:30-12 Seeking Safety (Open to New Sign Ups—Jump in!) 12:30-1:30 Center Clean Up 1:30-2:30 LGBTQ+ and Allies 2:30-4 Adventures in Art
23 10-11 Social Hour 11-12 Depression Support Group 12:30-2 Music Sharing 2-3 Empathy Group 6-7 Healing Depression	24 10-11 Anger Management 11-12:30 Voices and Visions Support Group 12:30-1:30 Poetry Group 1:30-2:30 Green Thumb Gardening 2:30-4 Calendar Planning and Community Meeting	25 10-11 Social Hour 11-12 Post Traumatic Growth Group 12:30-1:30 Anxiety Support Group 1:30-2:30 Meditation with Steve 2:30-4 Creekside Coloring	26 10-11 Relationship-Building Skills 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Women's Group 2:30-4 Dr. Moreno's Group	27 10:30-12 Seeking Safety (Closed Group—Sign up for next time!) 12:30-1:30 Center Clean Up 1:30-2:30 Gelato at Guiseppe's (* Free for members helping at 2/3 Center Clean Ups) 2:30-4 Disc Golf (Please RSVP)
30 10-11 Social Hour 11-12 Depression Support Group 12:30-2 Music Sharing 2-3 Empathy Group 6-7 Healing Depression	31 10-11 Anger Management 11-12:30 Voices and Visions Support Group 12:30-2 Writer's Workshop 2-3 Meditation 3-4 Liar's Dice & Other Games	Please call to sign up as a new member prior to attending. (805) 541-6813	Please arrive on time. To support group continuity, we close the doors after a 10 minute grace period. Life Happens! Events and activities can change.	