



Hope House **MAY 2017**

SLO Wellness Center "Hope House"
1306 Nipomo St.
(805) 541-6813

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <i>Women's Group 10:00-11:00*</i> Downtown Coffee Shop Chat 10:00-11:00</p> <p>Depression support group 11:00-12:00 Art Therapy w/Jessica @Hope House 12:00-2:00 Woods Humane Society 2:00-4:00 PTSD Support group 3:00-4:00</p>	<p>2 One on ones 9:30-10:00 Anger Management 10:00-11:00 Healthy boundaries 11:00-12:00 Women's Walk 12:30-1:30 Men's Outing 12:30-1:30* Mind body connection 1:30-2:30 Art Gallery Tour 230-430</p>	<p>Developing Emotional Intelligence 10:00-11:00 3 Yoga w/ Colleen 11:00-12:00 Prep for Open House 12:00-2:00</p> <p>HOPE HOUSE EACH MIND MATTERS DAY OPEN HOUSE 2-5PM</p>	<p>4 Wellness Self Management: 11:00-12:00 Mind Body Spirit 12:00-1:00 Journaling Group 1:00-2:00 Social hour 2:00-2:30 Dr. Moreno's Group 2:30-4* Picnic @ Emerson Park 2:30-4</p>	<p>5</p> <p>Center Closed</p>
<p>8 <i>Women's Group 10:00-11:00*</i> Downtown Coffee Shop Chat 10:00-11:00</p> <p>Depression support group 11:00-12:00 Art Therapy w/Jessica @ Hope House 12:00-2:00 Independent living skills 2:00-3:00 PTSD Support group 3:00-4:00</p>	<p>9 One on ones 9:30-10:00 Anger Management 10:00-11:00 Art Therapy @ TMHA 12:30-2:30 Fun Farm Day @ Growing Grounds Farm 11-1 Men's Outing 12:30-1:30 Learning mindfulness 1:30-2:30 Art Gallery Tour 230-430</p>	<p>10 Guided Meditation 9:30-10:00 Developing Emotional Intelligence 10:00-11:00</p> <p>Life House Each Mind Matters Day Open House 11-2pm Baking Group 3:00-4:30</p>	<p>11 Wellness Self Management 11:00-12:00 Mind Body Spirit 12:00-1:00 Coping with Social Anxiety 1:00-2:00 Bob Jones Trail Walk 2:00-4:30 Dr. Moreno's Group 2:30-4*</p>	<p>12</p> <p>Center Closed</p>
<p>15 <i>Women's Group 10:00-11:00*</i> Downtown Coffee Shop Chat 10:00-11:00</p> <p>Depression support group 11:00-12:00 Art Therapy w/Jessica @Hope House 12:00-2:00 Making lunches for homeless 2:00-4:00 PTSD Support group 3:00-4:00</p>	<p>16 One on ones 9:30-10:00 Anger Management 10:00-11:00 Serving lunch at Prado 11:30-1:00 Men's Outing 12:30-1:30* Women's Walk 12:30-1:30 Learning Mindfulness 1:30-2:30 Art Gallery Tour 230-430 Young Adult Night 3:30-5:30</p>	<p>17 Developing Emotional Intelligence 10:00-11:00 Yoga w/ Colleen 11:00-12:00 One on Ones 11:00-12:00 Laughter Therapy w/ Marcia 12:30-1:30 Avila Beach outing 1:30-4:00 Baking group 2:00-4:00</p>	<p>18 Wellness Self Management 11:00-12:00 Mind Body Spirit 12:00-1:00 Journaling group 1:00-2:00 Morro Bay Outing 2:00-4:30 Dr. Moreno's Group 2:30-4*</p>	<p>19</p> <p>Center Closed for Team Training</p>
<p>22 <i>Women's group 10:00-11:00*</i> Downtown Coffee Shop Chat 10:00-11:00</p> <p>Depression support group 11:00-12:00 Art Therapy w/Jessica @ Hope House 12:00-2:00 Music sharing group 2:00-3:00 PTSD Support group 3:00-4:00</p>	<p>23 One on ones 9:30-10:00 Anger Management 10:00-11:00 Learning Mindfulness 11:00-12:00 Art Therapy @ TMHA 12:30-2:30 Safe Haven Each Mind Matters Day Open House 1-4pm</p>	<p>24 Guided Meditation 9:30-10:00 Developing Emotional Intelligence 10:00-11:00 Finding Inner Strength 11:00-12:00 Vehicle/ facility check list/ fire and earthquake drills 12:00-1:00 One on Ones 12:00-1:00 "How to train your dragon " Movie 1:00-4:00 Baking Group 3:00-4:30</p>	<p>25 Wellness Self Management 11:00-12:00 Mind Body Spirit 12:00-1:00 Coping with negativity 1:00-2:00 Avila Beach Walk 2:00-4:30 Dr. Moreno's Group 2:30-4*</p>	<p>26</p> <p>Bipolar Support Group 10:00-11:00 One on ones 10:00-11:00 Lunches for the Homeless 11:00-1:30 Mindful meditation 1:30-2:00 Gardening group 2:00-3:30</p>
<p>29</p> <p>CENTER CLOSED HAPPY MEMORIAL DAY</p>	<p>30 One on ones 9:30-10:00 Anger Management 10:00-11:00 How to be your own advocate 11:00-12:00 Women's walk 12:30-1:30 Men's Outing 12:30-1:30 Mindfulness meditation 1:30-2:30 Art Gallery Tour 230-430</p>	<p>31 Developing Emotional Intelligence 10:00-11:00 Yoga w/ Colleen 11:00-12:00 One on Ones 11:00-12:00 Developing Emotional Intelligence 12:00-1:00 Montano De Oro 1:30-4:00 Baking group 3:00-4:30</p>	<p>Life happens! Some events/activities subject to change.</p>	<p>*Due to the sensitive nature of group indicated, the door will be locked after a 10 minute grace period.</p> <p>Interested in becoming a member? Please call us to set up a time to tour and meet everyone.</p>