



Hope House May 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 11:30-12:30 Navigating Depression, V 1-2 Music Sharing, OIP 2:30-3:30 Sports Rap, OIP 2:30-3:30 Exploring Emotions, V 3:30-4:30 Monday Meditation, V 5-6 CalHope Wellness Group, V</p>	<p>4 9:30-10:30 Walking Group, OIP 11-12 Voices and Visions, V 12:30-1:30 Yoga for Everyone, V 2-3 Wellness Through Drama, V 3:30-4:30 May the 4th be With You</p>	<p>5 10-11 Using Our Strengths, V 11:30-12:30 Chat & Calendar Brainstorming, V 1-2 Written Expressions, V 2:30-3:30 Bocce Ball @ the Park, OIP</p>	<p>6 10-12 CLOSED for Staff Training 12:30-2 Artistic Expressions, IIP **CALL for Supplies Delivery** 2:30-4 Dr. Moreno's Group, V 5-6pm Resource Fair 6-8pm Journey of Hope</p>	<p>7 10-11 Morning Cup o'Chat, OIP 12-1 Anti-Anxiety Journal (RSVP, 4/8), V 1:30-2:30 OCD Group, V 3-4 Dual Recovery Anon., V</p>
<p>10 11:30-12:30 Navigating Depression, V 1-2 Music Sharing, OIP 2:30-3:30 Sports Rap, OIP 2:30-3:30 Exploring Emotions, V 3:30-4:30 Monday Meditation, V 5-6 CalHope Wellness Group, V</p>	<p>11 9:30-10:30 Walking Group, OIP 11-12 Voices and Visions, V 12:30-1:30 Yoga for Everyone, V 2-3 Wellness Through Drama, V 3:30-4:30 Loteria! Bingo, OIP</p>	<p>12 10-12 CLOSED for Staff Training 1-2 Written Expressions, V 2:30-3:30 Disc Golf, OIP, RSVP 6:30-8pm OPEN MIC NIGHT Open to Everyone</p>	<p>13 11-12 Walking Group, OIP 11-12 Overcoming Anxiety, V 12:30-2 Artistic Expressions, "Words that Uplift" Buttons, IIP 2:30-4 Dr. Moreno's Group, V 2-4:30 EMM Swag Bag Delivery</p>	<p>14 10-11 Morning Cup o'Chat, OIP 12-1 Anti-Anxiety Journal (RSVP, 5/8), V 1-5 CLOSED For Staff Training</p>
<p>17 11:30-12:30 Navigating Depression, V 1-2 Music Sharing, OIP 2:30-3:30 Sports Rap, OIP 2:30-3:30 Exploring Emotions, V 3:30-4:30 Monday Meditation, V 5-6 CalHope Wellness Group, V</p>	<p>18 9:30-10:30 Walking Group, OIP 11-12 Voices and Visions, V 12:30-1:30 Yoga for Everyone, V 2-3 Wellness Through Drama, V</p>	<p>19 10-11 Using Our Strengths, V 11:30-12:30 Chat & Chew, V 1-2 Written Expressions, V 3-5 EMM Movie Matinee, OIP Now Showing: "Little Miss Sunshine"</p>	<p>20 11-12 Walking Group, OIP 11-12 Overcoming Anxiety, V 12:30-2 Artistic Expressions, IIP **CALL for Supplies Delivery** 2:30-4 Dr. Moreno's Group, V 4-5 — Grupo Virtual En Espanol — Preguntas Para "Family Services"</p>	<p>21 10-11 Morning Cup o'Chat, OIP 12-1 Anti-Anxiety Journal (RSVP, 6/8), V 1:30-2:30 Bipolar Support, V 3-4 Dual Recovery Anon., V</p>
<p>24 11:30-12:30 Navigating Depression, V 1-2 Music Sharing, OIP 2:30-3:30 Sports Rap, OIP 2:30-3:30 Exploring Emotions, V 3:30-4:30 Monday Meditation, V 5-6 CalHope Wellness Group, V</p>	<p>25 9:30-10:30 Walking Group, OIP 11-12 Voices and Visions, V 12:30-1:30 Yoga for Everyone, V 2-3 Wellness Through Drama, V 3:30-4:30 Self-Care Relaxation Hour, V</p>	<p>26 10-11 Using Our Strengths, V 11:30-12:30 Chat & Chew, V 1-2 Written Expressions, V 2:30-3:30 Bocce Ball, OIP 5-7 Cook-Along: Enchiladas and Spanish Rice **CALL for Ingredients Delivery**</p>	<p>27 11-12 Walking Group, OIP 11-12 Overcoming Anxiety, V 12:30-2 Artistic Expressions, OIP "Hope for Change" Chalk Art 2:30-4 Dr. Moreno's Group, V</p>	<p>28 11 Morning Cup o'Chat, OIP 12-1 Anti-Anxiety Journal (RSVP, 7/8), V 1:30-2:30 OCD Group, V 3-4 Dual Recovery Anon., V Gift Bag Giveaway Drawing</p>
<p>31 </p>	<p>Members & Employees are required to wash/sanitize their hands, wear a mask, check temperature, and practice social distancing. Anyone who has experienced recent symptoms of Covid-19 can participate via Zoom.</p>	<p>Call for login info or to sign up as a new member. (805) 541-6813 V- Virtual Groups (No RSVP) OIP- Outdoor In-Person Groups * IIP- Indoor In-Person Groups * * Please call to RSVP.</p>	<p>Need supplies for a group? Call ahead! We deliver safely to your door. Pandemic Happens... As we adapt, calendar events are subject to change.</p>	<p> MAY IS MENTAL HEALTH AWARENESS MONTH This year's Each Mind Matters theme is "Hope for Change." Join us for special activities at Hope House this month!</p>