



# Hope House October 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Autumn leaves don't fall, they fly. They take their time and wander on this their ... chance to soar.—Delia Owens</p>	<p>For on-going health and safety, we ask anyone who has experienced recent symptoms of Covid-19 to participate in virtual groups.</p>	<p>Call for login info or to sign up as a new member. <b>(805) 541-6813</b> <b>OI—Outdoor, In Person</b> All other groups are virtual. Events may change.</p>	<p>Find us on the Web</p>  <p><b>www.TMHA.org</b></p>	<p><b>11-12 1-on-1 Peer Support</b> 12-1 Building Our Strengths 1:30-2:30 Bipolar Group 3-4 Dual Recovery Anon., V</p>	<p><b>2</b></p> <p>We Deliver! Call us ahead—We'll bring supplies for groups.</p>
<p><b>4</b> 10-11 Anger Management Support Group, Virtual 9:30-11 Mens' Support Group 11-12 Depression &amp; Anxiety Support 1-2 Music Sharing <b>OI</b> 2:30-3:30 Exploring Emotions 3-4:30 Gardening Group <b>OI</b></p>	<p><b>5</b> 9:30-10:30 Walking Group <b>OI</b> 11-12 Voices and Visions 12:30-1:30 Yoga for Anxiety &amp; Depression, IP+V 2-3 Joy on Purpose! Strategies for Social Anxiety</p>	<p><b>6</b> 10-11 Cultivating Self-Compassion 11:30-12:30 Calendar Planning &amp; Community Meeting <b>OI</b> 1-2 Written Expressions <b>3:30-4:30 Finding Your Spark!</b> 6-7 Depression and Anxiety Support, Virtual</p>	<p><b>7</b> 11:00-12:00 Financial Mindfulness 12:30-2 Artistic Expressions <b>OI</b> 2:30-4 Dr. Moreno's Group 3-4 YA Support Group, Virtual</p>	<p><b>8</b> <b>11-12 Guided Meditation and Self-Care</b> 12-1 Building Our Strengths 1:30-2:30 OCD Group 3-4 Dual Recovery Anon., V</p>	<p><b>9</b> 1-2:30 Women's Group, Virtual 2:30-4 Insight-Out: Journaling &amp; Storyboards, Virtual</p>
<p><b>11</b> 10-11 Anger Management Support Group, Virtual 9:30-11 Mens' Support Group 11-12 Depression &amp; Anxiety Support 1-2 Music Sharing <b>OI</b> 3:30-4:30 Gardening Group <b>OI</b></p>	<p><b>12</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>13</b> 10-11 Cultivating Self-Compassion 11:30-12:30 <b>Q&amp;A with Patient Rights Advocate, Claudia Lopez</b> 1-2 Written Expressions <b>3:30-4:30 Finding Your Spark!</b> 6-7 Depression and Anxiety Support, Virtual</p>	<p><b>14</b> 11:00-12:00 Financial Mindfulness 12:30-2 Artistic Expressions <b>OI</b> 2:30-4 Dr. Moreno's Group 3-4 YA Support Group, Virtual</p>	<p><b>15</b> <b>11-12 1-on-1 Peer Support</b> 12-1 Building Our Strengths 1:30-2:30 Bipolar Group 3-4 Dual Recovery Anon., V</p>	<p><b>16</b></p> <p>RSVP this week for supplies deliveries—Pumpkins &amp; Pie on 10/27 and Crafts on 10/29.</p>
<p><b>18</b> 10-11 Anger Management Support Group, Virtual 9:30-11 Mens' Support Group 11-12 Depression &amp; Anxiety Support 1-2 Music Sharing <b>OI</b> 2:30-3:30 Exploring Emotions 3-4:30 Gardening Group <b>OI</b></p>	<p><b>19</b> 9:30-10:30 Walking Group <b>OI</b> 11-12 Voices and Visions 12:30-1:30 Yoga for Anxiety &amp; Depression, IP+V 2-3 Joy on Purpose! Strategies for Social Anxiety <b>3:30-4:30 LGBTQ Living Well</b></p>	<p><b>20</b> 10-11 Cultivating Self-Compassion 11:30-12:30 Chat and Chew <b>OI</b> 1-2 Written Expressions 6-7 Depression and Anxiety Support, Virtual</p>	<p><b>21</b> 11:00-12:00 Financial Mindfulness 12:30-2 Artistic Expressions <b>OI</b> 2:30-4 Dr. Moreno's Group 3-4 YA Support Group, Virtual</p>	<p><b>22</b> <b>11-12 Positive Self-Talk and Affirmations</b> 12-1 Building Our Strengths 1:30-2:30 OCD Group 3-4 Dual Recovery Anon., V</p>	<p><b>23</b> 1-2:30 Women's Group, Virtual 2:30-4 Insight-Out: Journaling &amp; Storyboards, Virtual</p>
<p><b>25</b> 10-11 Anger Management Support Group, Virtual 9:30-11 Mens' Support Group 11-12 Depression &amp; Anxiety Support 1-2 Music Sharing <b>OI</b> 2:30-3:30 Exploring Emotions 3-4:30 Gardening Group <b>OI</b></p>	<p><b>26</b> 9:30-10:30 Walking Group <b>OI</b> 11-12 Voices and Visions 12:30-1:30 Yoga for Anxiety &amp; Depression, IP+V 2-3 Joy on Purpose! Strategies for Social Anxiety <b>3:30-4:30 Doorstep Deliveries</b></p>	<p><b>27</b> <b>10-1 Doorstep Deliveries</b> 1-2 Written Expressions <b>3-5 Cook &amp; Craft-Along: Carving Pumpkins + Pie!</b> <b>*Call for Supplies Delivery*</b> 6-7 Depression and Anxiety Support, Virtual</p>	<p><b>28</b> 11:00-12:00 Financial Mindfulness 12:30-2 Artistic Expressions <b>OI</b> 2:30-4 Dr. Moreno's Group 3-4 YA Support Group, Virtual</p>	<p><b>29</b> 3-4 DRA, Virtual</p> <p><b>8-9 Halloween Party on Zoom</b> Open to the Public</p>	