



Hope House October 2024



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call for login info or to sign up as a new member. (805) 541-6813</p> <p>V—Virtual Group</p> <p>IP—In Person</p> <p>OIP—Outdoor, In Person</p> <p>Events may change.</p>	<p>1 9:30-10:30 Stroll for the Soul (Walking Group) IP</p> <p>11-12 Poetry Group IP</p> <p>2-3 Dual Recovery Anon., V</p> <p>2-3 Voices & Visions IP</p>	<p>2 9:30-10:30 Befriending Emotions V&IP</p> <p>10:45-11:45 Anxiety & Depression, V</p> <p>11:30-12:30 Self Compassion Circle V&IP</p> <p>1:30-2:30 Living Well w/ Bipolar V&IP</p> <p>3-4 Gardening Group IP</p>	<p>3 9:30-10:30 Journal & Reflect IP</p> <p>1-2 Sharpening Social Skills IP</p> <p>2:30-4 Dr. Moreno's Group IP</p> <p>3-4 Hospice Grief Support, V</p> <p>4-5 LGBTQ+ Group IP</p>	<p>4 10-11 Coffee & Contemplation IP</p> <p>12:30-2:30 Member Celebrations IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>7 10-11 Anger Management Support Group V</p> <p>11:30-12:30 Book Club IP</p> <p>1-2:30 Music Sharing V&IP</p> <p>5:30-6:30 Support for Suicide Attempt Survivors, V</p> <p>6-7 Healing Depression IP</p>	<p>8 9:30-10:30 Stroll for the Soul (Walking Group) IP</p> <p>11-12 Parallel Play IP</p> <p>2-3 Dual Recovery Anon., V</p> <p>2-3 Voices & Visions IP</p>	<p>9 9:30-10:30 Befriending Emotions V&IP</p> <p>10:45-11:45 Anxiety & Depression, V</p> <p>11:30-12:30 Self Compassion Circle V&IP</p> <p>1:30-2:30 Living Well w/ Bipolar V&IP</p> <p>3-4 Hope House Huddle IP</p>	<p>10 9:30-10:30 Journal & Reflect IP</p> <p>1-2 SMART Goals IP</p> <p>2-3 Voices & Visions (hosted by LH), V</p> <p>2:30-4 Dr. Moreno's Group IP</p> <p>3-4 Hospice Grief Support, V</p> <p>4:30-6 Grupo de bienestar emocional IP</p> <p>Español</p>	<p>11 10-11 Coffee & Contemplation IP</p> <p>11-12 Gratitude Group IP</p> <p>12:30-2:30 Community Cooking Class IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>14 10-11 Anger Management Support Group V</p> <p>11:30-12:30 Mindful Meditation IP</p> <p>1-2:30 Music Documentary V&IP</p> <p>5:30-6:30 Support for Suicide Attempt Survivors, V</p> <p>6-7 Healing Depression IP</p>	<p>15 9:30-10:30 Stroll for the Soul (Walking Group) IP</p> <p>11-12 Poetry Group IP</p> <p>2-3 Dual Recovery Anon., V</p> <p>2-3 Voices & Visions IP</p>	<p>16 9:30-10:30 Befriending Emotions V&IP</p> <p>10:45-11:45 Anxiety & Depression, V</p> <p>11:30-12:30 Self Compassion Circle V&IP</p> <p>1:30-2:30 Living Well w/ Bipolar V&IP</p> <p>3-4 Tech Questions Answered IP</p>	<p>17 9:30-10:30 Journal & Reflect IP</p> <p>1-2 Sharpening Social Skills IP</p> <p>2-3 Voices & Visions (hosted by LH), V</p> <p>2:30-4 Dr. Moreno's Group IP</p> <p>3-4 Hospice Grief Support, V</p> <p>4-5 LGBTQ+ Group IP</p>	<p>18 10-11 Coffee & Contemplation IP</p> <p>11:30-2:30 Unity Event: Avila Valley Barn (RSVP) IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>21 10-11 Anger Management Support Group V</p> <p>11:30-12:30 Book Club IP</p> <p>1-2:30 Music Sharing V&IP</p> <p>5:30-6:30 Support for Suicide Attempt Survivors, V</p> <p>6-7 Healing Depression IP</p>	<p>22 9:30-10:30 Stroll for the Soul (Walking Group) IP</p> <p>11-12 Parallel Play IP</p> <p>2-3 Dual Recovery Anon., V</p> <p>2-3 Voices & Visions IP</p>	<p>23 9:30-10:30 Befriending Emotions V&IP</p> <p>10:45-11:45 Anxiety & Depression, V</p> <p>11:30-12:30 Self Compassion Circle V&IP</p> <p>1:30-2:30 Living Well w/ Bipolar V&IP</p> <p>3-4 Karaoke IP</p>	<p>24 9:30-10:30 Journal & Reflect IP</p> <p>1-2 SMART Goals IP</p> <p>2-3 Voices & Visions (hosted by LH), V</p> <p>2:30-4 Dr. Moreno's Group IP</p> <p>3-4 Hospice Grief Support, V</p> <p>4:30-6 Grupo de bienestar emocional IP</p> <p>Español</p>	<p>25 10-11 Coffee & Contemplation IP</p> <p>11-12 Gratitude Group V&IP</p> <p>12:30-2:30 Art & Chill IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>28 CENTER CLOSED—See you tomorrow!</p> <p>10-11 Anger Management Support Group V</p> <p>5:30-6:30 Support for Suicide Attempt Survivors, V</p> <p>6-7 Healing Depression IP</p>	<p>29 9:30-10:30 Stroll for the Soul (Walking Group) IP</p> <p>11-12 Poetry Group IP</p> <p>2-3 Dual Recovery Anon., V</p> <p>2-3 Voices & Visions IP</p>	<p>30 9:30-10:30 Befriending Emotions V&IP</p> <p>10:45-11:45 Anxiety & Depression, V</p> <p>11:30-12:30 Self Compassion Circle V&IP</p> <p>1:30-2:30 Living Well w/ Bipolar V&IP</p> <p>3-4 Center Cleanup IP</p>	<p>31 12:00-3:00 TMHA Halloween Party (RSVP)</p> <p>2:30-4 Dr. Moreno's Group IP</p> <p>3-4 Hospice Grief Support, V</p>	<p style="border: 1px dashed black; border-radius: 50%; padding: 10px; text-align: center;">If you are feeling sick or are experiencing cold/flu symptoms, please stay home and join one of our virtual groups.</p>