

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Center Closed HAPY LABOR DAY!!</p>	<p>3</p> <p>10-11 Anger Management 11-12 Voices and Visions Support Group 12:30-1:30 Poetry Group 1:30-2:30 Mindful Meditation 2:30-4 Women's Group</p>	<p>4</p> <p>10-11 Anxiety Support Group 11-12 October Calendar Planning 12:30-4 Outing: Thrift Shopping in North County (Please RSVP)</p>	<p>5</p> <p>10-11 Non Violent Communication Workshop (1) 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Hooked on Yarn Projects 2:30-4 Dr. Moreno's Group</p>	<p>6</p> <p>Center Closed For Staff Training</p>
<p>9</p> <p>10-11 Social Hour 11-12 Depression Support Group 12:30-1:30 Music Sharing 1:30-2 Center Clean Up 2-3 Empathy Group 6-7 Healing Depression</p>	<p>10</p> <p>10-11 Anger Management 11-12 Voices and Visions Support Group 12:30-1:30 Suicide Prevention Group 1:30-2:30 Mindful Meditation 2:30-4 Women's Group</p>	<p>11</p> <p>10-11 Anxiety Support Group 11-2 Outing to Avila (Please RSVP + bring lunch) 2-4 Movie Club @ Hope House</p>	<p>12</p> <p>10-11 Non Violent Communication Workshop (2) 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Abstract Acrylic Art 2:30-4 Dr. Moreno's Group</p>	<p>13</p> <p>10-11 Exploring Personal Strengths 11-12 Health and Wellness 12:30-1:30 Post-Traumatic Growth Group 1:30-2:30 Car Wash Party 2:30-4 Mood Collages</p>
<p>16</p> <p>10-11 Social Hour 11-12 Depression Support Group 12:30-1:30 Music Sharing 1:30-2 Center Clean Up 2-3 Empathy Group 6-7 Healing Depression</p>	<p>17</p> <p>10-11 Anger Management 11-12 Voices and Visions Support Group 12:30-1:30 Poetry Group 1:30-2:30 Mindful Meditation 2:30-4 Women's Group</p>	<p>18</p> <p>10-4 Jalama Beach Outing Please RSVP and bring a packed lunch</p>	<p>19</p> <p>10-11 Non Violent Communication Workshop (3) 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Hooked on Yarn Projects 2:30-4 Dr. Moreno's Group</p>	<p>20</p> <p>10-11 Exploring Personal Strengths 11-12 Health & Wellness 12:30-1:30 Post-Traumatic Growth Group 1:30-3 Karaoke @ Hope House</p>
<p>23</p> <p>10-11 Social Hour 11-12 Depression Support Group 12:30-1:30 Music Sharing 1:30-2 Center Clean Up 2-3 Empathy Group 6-7 Healing Depression</p>	<p>24</p> <p>10-11 Anger Management 11-12 Voices and Visions Support Group 12:30-1:30 Party for September Birthdays! All Welcome 1:30-2:30 Mindful Meditation 2:30-4 Women's Group</p>	<p>25</p> <p>10-11 Anxiety Support Group 11-12 Bocce Ball and Lawn Games @ Emerson Park 12:30-2 Making Kombucha 2-4 Movie Club @ Hope House</p>	<p>26</p> <p>10-11 Non Violent Communication Workshop (4) 11-12 Bipolar Support Group 12-1 Chat and Chew Social Hour 1-2 Abstract Acrylic Art 2:30-4 Dr. Moreno's Group</p>	<p>27</p> <p>10-11 Exploring Personal Strengths 11-12 Health and Wellness 12:30-1:30 Post-Traumatic Growth Group 1:30-4 Bowling Outing (Please RSVP)</p>
<p>30</p> <p>10-11 Social Hour 11-12 Depression Support Group 12:30-1:30 Music Sharing 1:30-2 Center Clean Up 2-3 Cultural Appreciation-Rosh Hashana 6-7 Healing Depression</p>	<p>September 10th is World Suicide Prevention Day</p>  <p>WORLD SUICIDE PREVENTION DAY SLO HOTLINE (800) 783-0607 MAKE THE CALL. ANY TIME.</p>	<p>Please arrive on time as the door will be locked after a 10 minute grace period.</p> <p>Call us to tour Hope House and become a Member! (805) 541-6813</p>		<p>Life happens! Some events/activities subject to change</p>