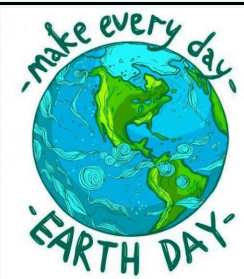


Hope House *April 2022*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Call for login info or to sign up as a new member.</p> <p>(805) 541-6813</p> <p>V—Virtual Group IP—In Person</p> <p>Events may change.</p>	<p>For all In Person Groups, please present proof of full Covid-19 vaccination including booster or a negative Covid-19 test from within 72 hours prior to attending the group.</p>	<p>Find us on the Web www.TMHA.org</p> <p>Save the Date Hope House Open House Friday, May 13th</p>		<p>1 10-11 Chat & Chew IP 11-12 OCD Group V 12:30-2:00 Art & Chill: Button-Making for Open House IP 3-4 Dual Recovery Anon., V</p> <p>3 3-7 Live Performance @Cuesta College w/Maestrao Michael Novak & Orchestra Novo (RSVP)</p>
<p>4 10-11 Anger Management Support Group V 10-11 Gardening Group IP 12-2 Celebration of Life IP 3:30-4:30 Personal Victories V</p>	<p>5 9:30-10:30 Walking Group IP 10-11 Raqs Sharqi, Middle Eastern Dance V 11:30-12:30 Pandemic Stress Detox V 12:30-1:30 Written Expressions V&IP 2-3 Joy on Purpose! Strategies for Social Anxiety V</p>	<p>6 10-11 Do You! Dance Hour, V 11:30-12:30 Wellness Hour: Cooking Class V&IP (Please RSVP) 1:30-2:30 Living Well w/Bipolar, V 3-4 LGBTQIA+ Telling the Stories of Wellness V</p>	<p>7 10-11 Self Compassion Circle IP 11:30-12:30 Restorative Yoga & Wellness Virtual Only 2:30-4 Dr. Moreno's Group IP</p>	<p>8 11-12 Cultivating Connections V 3-4 Dual Recovery Anon., V 3-4:30 PAAT Meeting "Supported Employment Presentation" V</p>
<p>11 10-11 Anger Management Support Group V 10-11 Gardening Group IP 11:30-12:30 Depression & Anxiety V 1-2:30 Music Sharing V&IP</p>	<p>12 9:30-10:30 Walking Group IP 10-11 Raqs Sharqi, Middle Eastern Dance V 11:30-12:30 Pandemic Stress Detox V 12:30-1:30 Written Expressions V&IP 2-3 Joy on Purpose! Strategies for Social Anxiety V</p>	<p>13 10-11 Do You! Dance Hour, V 11:30-12:30 Wellness Hour: Movement V&IP 1:30-2:30 Living Well w/Bipolar, V 2:30-4:30 Open House & Calendar Planning V</p>	<p>14 10-11 Self Compassion Circle IP 11:30-12:30 Restorative Yoga & Wellness V&IP 1-2 Voices & Visions IP 2:30-4 Dr. Moreno's Group IP</p>	<p>15 10-11 Chat & Chew IP 11-12 OCD Group V 12:30-2:30 Art & Chill: Spring-time Card Making IP 3-4 Dual Recovery Anon., V</p>
<p>18 10-11 Anger Management Support Group V 10-11 Gardening Group IP 11:30-12:30 Depression & Anxiety V 1-2:30 Music Sharing V&IP 3:30-4:30 Personal Victories V 5:30-6:30 Support for Suicide-attempt Survivors V</p>	<p>19 9:30-10:30 Walking Group IP 10-11 Support for Suicide-attempt Survivors IP 10-11 Raqs Sharqi, Middle Eastern Dance V 11:30-12:30 Pandemic Stress Detox V 12:30-1:30 Written Expressions V&IP 2-3 Joy on Purpose! Strategies for Social Anxiety V</p>	<p>20 10-11 Do You! Dance Hour, V 11:30-12:30 Wellness Hour: Sleep V&IP 1:30-2:30 Living Well w/Bipolar, V 2:30-4:30 Walkabout—Café Crawl & Conversation IP</p>	<p>21 10-11 Self Compassion Circle IP 11:30-12:30 Restorative Yoga & Wellness V&IP 1-2 Voices & Visions IP 2:30-4 Dr. Moreno's Group IP 5-7pm Cook-Along: Biscuits & Gravy Family Recipes! V *** RSVP for Ingredients Kit ***</p>	<p>22 10-11 Chat & Chew IP 11-12 Cultivating Connections V 12-2 Friday Hangout IP It's Earth Day! Come by to celebrate with lunch on the patio, paint "Rocks of Love" or just hang out with us. 3-4 Dual Recovery Anon., V</p>
<p>25 10-11 Anger Management Support Group V 10-11 Gardening Group IP 11:30-12:30 Depression & Anxiety V 1-2:30 Music Sharing V&IP 3:30-4:30 Personal Victories V 5:30-6:30 Support for Suicide-attempt Survivors V</p>	<p>26 9:30-10:30 Walking Group IP 10-11 Support for Suicide-attempt Survivors IP 10-11 Raqs Sharqi, Middle Eastern Dance V 11:30-12:30 Pandemic Stress Detox V 12:30-1:30 Written Expressions V&IP 2-3 Joy on Purpose! Strategies for Social Anxiety V</p>	<p>27 10-11 Do You! Dance Hour, V 11:30-12:30 Wellness Hour: Cooking Class V&IP (Please RSVP) 1:30-2:30 Living Well w/Bipolar, V 2:30-5:00 Mental Health MovieTime "The Soloist" IP</p>	<p>28 CLOSED</p>	<p>29 10-11 Chat & Chew IP 11-12 Cultivating Connections V 12:30-2:30 Art & Chill IP 3-4 Dual Recovery Anon., V</p>