


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Evening Support Groups</b></p> <p><b>Monday</b> 1st and 3rd 6:30-8:00pm NAMI Family Support</p>	<p><b>Evening Support Groups</b></p> <p><b>Tuesday</b> 7pm-8pm WRAP Support Group</p>	<p>Currently, All groups offered are Virtual Only. Please call for login information or to sign up as a new member. (805) 464-0512</p>	 <p><b>SLO HOTLINE</b> <b>(800) 783-0607</b> MAKE THE CALL. ANY TIME.</p>	<p><b>1</b> <i>Center Closed for New Year Day</i></p>
<p><b>4</b> 10:00-11:00 Anger Management Support Group 10:00-1:00 One 2 One Phone Meetings Call 805-464-0512 to Schedule</p>	<p><b>5</b> 11:00-12:00 The Morning Buzz 12:00-1:00 Women's Group</p>	<p><b>6</b> 11:00-12:00 Chair Yoga 2:30-3:30 Grief Support 5:00-6:00 Music Sharing</p>	<p><b>7</b> 11:00-12:00 PTSD Support Group 12:30-1:30 2:00-3:00pm Managing Anxiety/Depression</p>	<p><b>8</b> 11:00-12:00 Creative Writing 1:30-2:30 Lift Now Support 3:00-4:00 Dual Recovery Anon.</p>
<p><b>11</b> 10:00-11:00 Anger Management Support Group 10:00-1:00 One 2 One Phone Meetings Call 805-464-0512 to Schedule</p>	<p><b>12</b> 11:00-12:00 The Morning Buzz 12:00-1:00 Women's Group</p>	<p><b>13</b> 11:00-12:00 Reiki 2:30-3:30 Grief Support 5:00-6:00 Music Sharing</p>	<p><b>14</b> 11:00-12:00 PTSD Support Group 12:30-1:30 2:00-3:00pm Managing Anxiety/Depression</p>	<p><b>15</b> 11:00-12:00 Creative Writing 1:30-2:30 Lift Now Support 3:00-4:00 Dual Recovery Anon.</p>
<p><b>18</b> 10:00-11:00 Anger Management Support Group 10:00-1:00 One 2 One Phone Meetings Call 805-464-0512 to Schedule</p>	<p><b>19</b> 11:00-12:00 am The Morning Buzz 12:00-1:00 Women's Group</p>	<p><b>20</b> 11:00-12:00 Chair Yoga 2:30-3:30 Grief Support 5:00-6:00 Music Sharing</p>	<p><b>21</b> 11:00-12:00 PTSD Support Group 12:30-1:30 2:00-3:00pm Managing Anxiety/Depression</p>	<p><b>22</b> 11:00-12:30 Cook-a-long w/Laurie 1:30-2:30 Lift Now Support 3:00-4:00 Dual Recovery Anon.</p>
<p><b>25</b> 10:00-11:00 Anger Management Support Group 10:00-1:00 One 2 One Phone Meetings Call 805-464-0512 to Schedule</p>	<p><b>26</b> 11:00-11:00 The Morning Buzz 12:00-1:00 Women's Group</p>	<p><b>27</b> 11:00-12:00 Reiki 2:30-3:30 Grief Support 5:00-6:00 Music Sharing</p>	<p><b>28</b> 11:00-12:00 PTSD Support Group 12:30-1:30 2:00-3:00pm Managing Anxiety/Depression</p>	<p><b>29</b> 11:00-12:00 Creative Writing 1:30-2:30 Lift Now Support 3-4 Dual Recovery Anon.</p>