




Hope House June 2026



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>CENTER CLOSED FOR STAFF DEVELOPMENT</p> <p>3-4 Build Your Skills V</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V</p>	<p>2</p> <p>9:30-10:30 Stroll for the Soul IP</p> <p>10:30-11:30 Goal Setting Group IP</p> <p>11:30-12:30 Men's Group H</p> <p>1-2 Mindfulness Meditation H</p> <p>2-3 Dual Recovery Anon. V</p> <p>2-3 Voices & Visions H</p>	<p>3</p> <p>10:30-11:30 Anxiety & Depression H</p> <p>11:30-12:30 Everyday Wellness H</p> <p>12:30-1:30 Gentle Yoga IP</p> <p>1:30-2:30 Living Well w/ Bipolar H</p> <p>2:30-3:30 Emotional Wellness Circle H</p> <p>5-6 Grupo de bienestar emocional H</p>	<p>4</p> <p>9-10 Women's Group H</p> <p>10-11 Art & Chill IP</p> <p>11-12 Board Games IP</p> <p>12:00-1:00 Letter Writing IP</p> <p>2-3:30 Outing: Robinhood Play (RSVP, van leaves at 1:30)</p> <p>2:30-4 Dr. Moreno's Group IP</p> <p>6-8 LGBTQ+ Lecture @ The Carnegie Library (RSVP, van leaves at 5:30)</p>	<p>5</p> <p>9:30-10:30 Coffee & Contemplation IP</p> <p>10:30-11:30 Victory Over OCD H</p> <p>11:30- 12:30 Ambassador Check-in IP</p> <p>12:30 - 2:30 Movie & Popcorn IP</p> <p>3-4 Dual Recovery Anon. V</p>
<p>8</p> <p>12-1 Seeking Safety IP</p> <p>1-3 Music Sharing H</p> <p>3-4 Build Your Skills V</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V</p> <p>6-7 Healing Depression IP</p>	<p>9</p> <p>9:30-10:30 Stroll for the Soul IP</p> <p>10:30-11:30 Center Care & Planning IP</p> <p>11:30-12:30 Men's Group H</p> <p>1-2 Mindfulness Meditation H</p> <p>2-3 Dual Recovery Anon. V</p> <p>2-3 Voices & Visions H</p> <p>3-4:30 PAAT Meeting IP</p>	<p>10</p> <p>10:30-11:30 Anxiety & Depression H</p> <p>12-1 Gentle Yoga: Emo Flo Yoga @ GALA (RSVP van leaves at 11:30) IP</p> <p>1:30-2:30 Living Well w/ Bipolar H</p> <p>2:30-3:30 Emotional Wellness Circle H</p> <p>5-6 Grupo de bienestar emocional H</p>	<p>11</p> <p>9-10 Women's Group H</p> <p>10-11 Art & Chill IP</p> <p>11-12 Board Games IP</p> <p>12:00-1:00 Letter Writing IP</p> <p>2:30-4 Dr. Moreno's Group IP</p> <p>4-5 LGBTQ+ Group H</p>	<p>12</p> <p>9:30-10:30 Coffee & Contemplation IP</p> <p>10:30-11:30 Victory Over OCD H</p> <p>11:30- 1 Member Celebrations IP</p> <p>3-4 Dual Recovery Anon. V</p>
<p>15</p> <p>12-1 Seeking Safety IP</p> <p>1-3 Music Sharing: Documentary H</p> <p>3-4 Build Your Skills V</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V</p> <p>6-7 Healing Depression IP</p>	<p>16</p> <p>9:30-10:30 Stroll for the Soul IP</p> <p>10:30-11:30 Goal Setting Group IP</p> <p>11:30-12:30 Men's Group H</p> <p>1-2 Mindfulness Meditation H</p> <p>2-3 Dual Recovery Anon. V</p> <p>2-3 Voices & Visions H</p>	<p>17</p> <p>10:30-11:30 Anxiety & Depression H</p> <p>11:30-12:30 Everyday Wellness H</p> <p>12:30-1:30 Gentle Yoga IP</p> <p>1:30-2:30 Living Well w/ Bipolar H</p> <p>2:30-3:30 Emotional Wellness Circle H</p> <p>5-6 Grupo de bienestar emocional H</p>	<p>18</p> <p>9-10 Women's Group H</p> <p>10-11 Art & Chill IP</p> <p>11-12 Board Games IP</p> <p>12:00-1:00 Letter Writing IP</p> <p>2:30-4 Dr. Moreno's Group IP</p> <p>4-5 LGBTQ+ Group H</p>	<p>19</p> <p>9:30-10:30 Coffee & Contemplation IP</p> <p>10:30-11:30 Victory Over OCD H</p> <p>12:00- 2 Community Cooking IP</p> <p>3-4 Dual Recovery Anon. V</p>
<p>22</p> <p>12-1 Seeking Safety IP</p> <p>1-3 Music Sharing H</p> <p>3-4 Build Your Skills V</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V</p> <p>6-7 Healing Depression IP</p>	<p>23</p> <p>9:30-10:30 Stroll for the Soul IP</p> <p>10:30-11:30 Goal Setting Group IP</p> <p>11:30-12:30 Men's Group H</p> <p>1-2 Mindfulness Meditation H</p> <p>2-3 Dual Recovery Anon. V</p> <p>2-3 Voices & Visions H</p> <p>3-4:30 PAAT Meeting IP</p>	<p>24</p> <p>10:30-11:30 Anxiety & Depression H</p> <p>1:30-2:30 Living Well w/ Bipolar H</p> <p>2:30-3:30 Emotional Wellness Circle H</p> <p>5-6 Grupo de bienestar emocional H</p>	<p>25</p> <p>9-10 Women's Group H</p> <p>10-11 Art & Chill IP</p> <p>11-12 Board Games IP</p> <p>12:00-1:00 Letter Writing IP</p> <p>2:30-4 Dr. Moreno's Group IP</p> <p>4-5 LGBTQ+ Group H</p>	<p>26</p> <p>9:30-10:30 Coffee & Contemplation IP</p> <p>10:30-11:30 Victory Over OCD H</p> <p>12:00-2 Unity Event: Baking with Friends IP</p> <p>3-4 Dual Recovery Anon. V</p>
<p>29</p> <p>12-1 Seeking Safety IP</p> <p>1-3 Music Sharing H</p> <p>3-4 Build Your Skills V</p> <p>5:30-6:30 Support for Suicide Attempt Survivors V</p> <p>6-7 Healing Depression IP</p>	<p>30</p> <p>CENTER CLOSED FOR STAFF DEVELOPMENT</p> <p>11:30-12:30 Men's Group V</p> <p>1-2 Mindfulness Meditation V</p> <p>2-3 Dual Recovery Anon. V</p> <p>2-3 Voices & Visions V</p>	<p>Events may change.</p> <p>If you are feeling sick or are experiencing cold/flu symptoms, please stay home and join one of our virtual groups.</p>	<p>Call for login info or to sign up as a new member.</p> <p>(805) 801 3536</p> <p>V—Virtual Group</p> <p>IP—In Person</p> <p>H—Virtual & In Person</p> <p>Events may change.</p>	 <p>=LGBTQIA+</p> <p>Pride Month Group</p>