



# Hope House June 2026



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