



Hope House June 2022

SLO Wellness Center (805) 541-6813
1306 Nipomo Street, SLO, CA

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</p> <p>IP—In Person</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>1</p> <p>10-11 Chat & Chew IP</p> <p>11:30-12:30 Wellness Hour: Movement V&IP</p> <p>1:30-2:30 Living Well w/Bipolar, V</p> <p>3-4 Why We Have Pride: LGBTQIA+ History Hour, V</p>	<p>2</p> <p>10-11 Written Expressions IP</p> <p>1-2 Voices & Visions IP</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p>3</p> <p>10-11 O.C.D. Group V</p> <p>3-4 Dual Recovery Anon., V</p>
<p>6</p> <p>10-11 Anger Management Support Group V</p> <p>11:30-12:30 Depression & Anxiety V</p> <p>1-2:30 Music Sharing V & IP</p> <p>3:30-4:30 Personal Victories IP</p> <p>5:30-6:30 Support for Suicide-attempt Survivors Info Session V</p>	<p>7</p> <p>9:30-10:30 Walking Group IP</p> <p>10-11 Raqs Sharqi, Middle Eastern Dance, V</p> <p>11-12 Self Compassion Circle V</p> <p>12:30-1:30 Holistic Psychologist Podcast Hour V</p> <p>2-3 Joy on Purpose! Strategies for Social Anxiety V</p>	<p>8</p> <p>10-3 Outing to SLO Botanical Gardens</p> <p><i>Join us as we receive a tour of the beautiful SLO Botanical Gardens! IP (RSVP)</i></p> <p>3:30-4:30 LGBTQIA+ Hour: Celebrating Ourselves V</p>	<p>9</p> <p>10-11 Written Expressions IP</p> <p>11:30-12:30 Restorative Yoga V&IP</p> <p>1-2 Voices & Visions IP</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p>10</p> <p>11-12 Cultivating Connections V</p> <p>12:30-2:30 Art & Chill: Beading String-A-Long IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>13</p> <p>10-11 Anger Management Support Group V</p> <p>11:30-12:30 Depression & Anxiety V</p> <p>1-2:30 Music Sharing V&IP</p> <p>3:30-4:30 Personal Victories IP</p> <p>5:30-6:30 Support for Suicide-attempt Survivors Info Session V</p>	<p>14</p> <p>9:30-10:30 Walking Group IP</p> <p>10-11 Raqs Sharqi, Middle Eastern Dance, V</p> <p>11-12 Self Compassion Circle IP</p> <p>12:30-1:30 Holistic Psychologist Podcast Hour V</p> <p>2-3 Joy on Purpose! Strategies for Social Anxiety V&IP</p>	<p>15</p> <p>10-11:30 Gardening Group: Outing to Growing Grounds Farm IP (RSVP)</p> <p>11:30-12:30 Wellness Hour: De-Stress V&IP</p> <p>1:30-2:30 Living Well w/Bipolar, V</p> <p>2:30-5 Beach Outing IP (RSVP)</p>	<p>16</p> <p>11:30-12:30 Restorative Yoga V&IP</p> <p>1-2 Voices & Visions IP</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p>17</p> <p>11-12 O.C.D. Group V</p> <p>12:30-2:30 Art & Chill: Shell Art! IP</p> <p>3-4 Dual Recovery Anon., V</p>
<p>20</p> <p>10-11 Anger Management Support Group V</p> <p>5:30-6:30 Support for Suicide-attempt Survivors Info Session V</p>	<p>21</p> <p>9:30-10:30 Walking Group IP</p> <p>10-11 Raqs Sharqi, Middle Eastern Dance, V</p> <p>11-12 Self Compassion Circle V</p> <p>12:30-1:30 Holistic Psychologist Podcast Hour V</p> <p>2-3 Joy on Purpose! Strategies for Social Anxiety V</p>	<p>22</p> <p>10-11 Gardening Group IP</p> <p>11:30-12:30 Wellness Hour: Cooking Class (RSVP) IP</p> <p>3-4 Slow Down Hour V</p>	<p>23</p> <p>10-11 Written Expressions V</p> <p>11:30-12:30 Restorative Yoga V</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p>24</p> <p>11-12 Cultivating Connections V</p> <p>12:00-2:00 Free Little Pantry Fix Up IP</p> <p>Join us as we give our Free Little Pantry some T.L.C.</p> <p>3-4 Dual Recovery Anon., V</p>
<p>27</p> <p>10-11 Anger Management Support Group V</p> <p>11:30-12:30 Depression & Anxiety V</p> <p>1-2:30 Music Sharing V&IP</p> <p>3:30-4:30 Personal Victories V</p> <p>5:30-6:30 Support for Suicide-attempt Survivors Info Session V</p>	<p>28</p> <p>9:30-10:30 Walking Group IP</p> <p>10-11 Raqs Sharqi, Middle Eastern Dance, V</p> <p>11-12 Self Compassion Circle V</p> <p>2-3 Joy on Purpose! Strategies for Social Anxiety V</p>	<p>29</p> <p>10-11 Gardening Group IP</p> <p>11:30-12:30 Wellness Hour: Movement V</p> <p>1:30-2:30 Living Well w/Bipolar, V</p> <p>3-4 Slow Down Hour V</p>	<p>30</p> <p>1-2 Voices & Visions IP</p> <p>2:30-4 Dr. Moreno's Group IP</p>	<p>Celebrating SLO Pride</p> 