

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please remember, we offer a 10 minute grace period. After the first 10 minutes of the group, the door will be locked and no one will be allowed to</p>	<p><b>V:</b>Virtual Group only <b>IP:</b> In Person only <b>V/IP:</b> Both Virtual and In Person</p>	<p>1 <b>10-12 WRAP, IP</b> 1:00-2:30 Artistic Creations <b>IP</b> (Clay Creations) 2:30-3:30 SLO Hospice: Grief Support <b>V</b></p>	<p>2 9:30-10:30 Atascadero Library, <b>IP</b> 12:30-1:30 Dimensions of Wellness <b>V/ IP</b> 2-3 Qi Gong, <b>V/IP</b></p>	<p>3 10-11 Lift Now <b>V/IP</b> 11:30-12:30 Tech Support <b>IP</b> 1-2:30 FUNDAY Friday <b>IP</b> (Mary's Tea Party Send Off) 3-4 DRA, <b>V</b> (Hope House)</p>
<p>6 9:30-10:30 Step! <b>IP</b> 10-11 Anger Management hosted by Victoria <b>V</b> <b>11-12 Life Skills:</b> <b>Creative Thinking V/IP</b> 12-1 Anxiety &amp; Depression <b>V</b> 1:30 Music Sharing <b>V/IP</b> 5:30-6:30 Support Group for Suicide Attempt Survivors <b>V</b></p>	<p>7 10-11 Raqs Sharqi: The Joy Of Middle Eastern Dance <b>V/IP</b> 11:30-12:30 Meditation <b>V/IP</b> 12:30-Womens Group <b>V/IP</b> 2-3 Dual Recovery Anon <b>IP</b></p>	<p>8 <b>10-12 WRAP, IP</b> 12-1 Reiki <b>V/IP</b> 1:00-2:30 Artistic Creations <b>IP</b> (Valentine Cards) 2:30-3:30 SLO Hospice: Grief Support <b>V</b></p>	<p>9 <b>CLOSED</b> See you tomorrow</p>	<p>10 10-11 Lift Now <b>V/IP</b> 1-2:30 FUNDAY Friday <b>IP</b> 3-4 DRA, <b>V</b> (Hope House) 3-4:30 PAAT Meeting: Self-Love is Self-Care <b>V</b> 4p-7:30p: SLO Botanical Garden Light Exhibit <b>IP</b></p>
<p>13 9:30-10:30 Step! <b>IP</b> 10-11 Anger Management hosted by Victoria <b>V</b> <b>11-12 Life Skills:</b> <b>Interpersonal Relationship Skills V/IP</b> 12-1 Anxiety &amp; Depression <b>V</b> 1:30 Music Sharing <b>V/IP</b> 5:30-6:30 Support Group for Suicide Attempt Survivors <b>V</b></p>	<p>14 10-11 Raqs Sharqi: The Joy Of Middle Eastern Dance <b>V/IP</b> 11:30-12:30 Meditation <b>V/IP</b> 12:30-Womens Group <b>V/IP</b> 2-3 Dual Recovery Anon <b>IP</b></p>	<p>15 <b>10-12 WRAP, IP</b> 1-2:30 Artistic Creations <b>IP</b> (Rock Painting) 2:30-3:30 SLO Hospice: Grief Support <b>V</b></p>	<p>16 9:30-10:30 Atascadero Library, <b>IP</b> <b>12:30-3:30p Hiking Club IP</b> (RSVP by 2/13)</p>	<p>17 10-11 Lift Now <b>IP</b> 1-2:30 FUNDAY Friday <b>IP</b> <b>2:30-3:30 Center Clean Up IP</b> 3-4 DRA, <b>V</b> (Hope House)</p>
<p>20 9:30-10:30 Step! <b>IP</b> 10-11 Anger Management hosted by Victoria <b>V</b> <b>11-12 Life Skills:</b> <b>Coping W/ Stress and Emotions V/IP</b> 12-1 Anxiety &amp; Depression <b>V</b> 1:30 Music Sharing <b>V/IP</b> 5:30-6:30 Support Group for Suicide Attempt Survivors <b>V</b></p>	<p>21 10-11 Raqs Sharqi: The Joy Of Middle Eastern Dance <b>V/IP</b> 11:30-12:30 Meditation <b>V/IP</b> 12:30-Womens Group <b>V/IP</b> 2-3 Dual Recovery Anon <b>IP</b></p>	<p>22 <b>10-12 WRAP, IP</b> 12-1 Reiki <b>V/IP</b> 1:00-2:30 Artistic Creations <b>IP</b> (Crochet Club) 2:30-3:30 SLO Hospice: Grief Support <b>V</b></p>	<p>23 9:30-10:30 Step!, <b>IP</b> 12:30-1:30 Dimensions of Wellness <b>V/ IP</b> 2-3 Show and Tell <b>V/IP</b></p>	<p>24 10-11 Attitude Of Gratitude <b>V/IP</b> 11:30-12:30 LGBTQIA+ Group <b>V</b> 1-2:30 FUNDAY Friday <b>IP</b> 3-4 DRA, <b>V</b> (Hope House) 3-4:30 PAAT Meeting: Volunteering for you Mental Health <b>V</b></p>
<p>27 9:30-10:30 Step! <b>IP</b> 10-11 Anger Management hosted by Victoria <b>V</b> <b>11-12 Life Skills:</b> <b>Self Awareness V/IP</b> 12-1 Anxiety &amp; Depression <b>V</b> 1:30 Music Sharing <b>V/IP</b> 5:30-6:30 Support Group for Suicide Attempt Survivors <b>V</b></p>	<p>28 10-11 Raqs Sharqi: The Joy Of Middle Eastern Dance <b>V/IP</b> 11:30-12:30 Meditation <b>V/IP</b> 12:30-Womens Group <b>V/IP</b> 2-3 Dual Recovery Anon <b>IP</b></p>	<p>For zoom info and membership details call (805) 464-0512 to setup an appointment to completed a member packet.</p>	<p>If you are exhibiting COVID symptoms, flu symptoms or cold symptoms, please participate in groups virtually.</p>	<p>Calendar activities/ groups are subject to change. Stay in the know by adding your email to our daily email blast.</p>