(805) 305-7721
lifehouse@t-mha.org

Life House November 2026

Atascadero Wellness Center
5850 W Mall, Atascadero, CA

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Center Closed 9am - 12:00pm** 12:15-1:15 Book Club (H) 1:30-2:30 Pathways Forward (H) 3-4 Center Beautifying (IP) 4-5 Bienestar Emocional (V) 5-6:30 Support Group for Suicide Attempt Survivors (V)	**3** 10-11 Weather Preparedness (H) 11:30-12:30 Men's Group (H) 1-2 Meditation (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH)	**4** 9-10 Morning Walk (OIP) 10:30-11:30 Anxiety & Depression (H) 1:15-2:15 Craft & Create w/ Tammie (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Harmony Hub (H)	**5** 9-10 Women's Group (H) 11:30-12:30 Self-Compassion (H) **1-2 Job Seekers Workshop (H)** 2-3 Voices & Visions (H) 3-4 Grief Support (H)	**6** 9-10 Yoga for Every Body w/ Kellee (IP) 10:15-11:15 Attitude of Gratitude (H) 11:45-12:45 Music Sharing (H) **1-2 Ambassador Check-In @ HH** (IP) 1-3 Member Movie Day (IP) 3-4 Dual Recovery Anon.(H)
9 **Center Closed 9am - 12:00pm** 12:15-1:15 Book Club (H) 1:30-2:30 Pathways Forward (H) 3-4 Center Beautifying (IP) 4-5 Bienestar Emocional (V) 5-6:30 Support Group for Suicide Attempt Survivors (V)	**10** 10-11 Morning Social (H) 11:30-12:30 Men's Group (H) 1-2 Meditation (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH) 3:15-4:15 Peace w/ Food & Body (H)	**11** 9-10 Morning Walk (OIP) 10:30-11:30 Anxiety & Depression (H) 12-1 Reiki w/ Art (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) **3:30-4:30 PAAT Meeting in Person @ Hope House - Departs 3pm**	**12** 9-10 Women's Group (H) 10:30-11:30 Calendar Planning (H) 11:30-12:30 Self-Compassion (H) **1-2 Job Seekers Workshop (H)** 2-3 Voices & Visions (H) 3-4 Grief Support (H)	**13** **Closed for Staff Development** 3-4 Dual Recovery Anon.(V)
16 **Center Closed 9am - 12:00pm** 12:15-1:15 Book Club (H) 1:30-2:30 Pathways Forward (H) 3-4 Center Beautifying (IP) 4-5 Bienestar Emocional (V) 5-6:30 Support Group for Suicide Attempt Survivors (V)	**17** GIVE THANKS **TMHA'S Thanksgiving Feast** **12-2 Departs at 11:45am** 2-3 Dual Recovery Anon. (H)	**18** 9-10 Morning Walk (OIP) 10:30-11:30 Anxiety & Depression (H) 12-1 SoundBath w/ Clayton (IP) 1:15-2:15 Craft & Create (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Harmony Hub (H)	**19** 9-10 Women's Group (H) 11:30-12:30 Self-Compassion (H) **1-2 Job Seekers Workshop (H)** 2-3 Voices & Visions (H)	**20** 9-10 Yoga for Every Body w/ Kellee (IP) 10:15-11:15 Attitude of Gratitude (H) 11:45-12:45 Music Sharing (H) 1-3 Member Movie Day (IP) 3-4 Dual Recovery Anon. (H)
23 **Center Closed 9am - 12:00pm** 12:15-1:15 Book Club (H) 1:30-2:30 Pathways Forward (H) 3-4 Center Beautifying (IP) 4-5 Bienestar Emocional (V) 5-6:30 Support Group for Suicide Attempt Survivors (V)	**24** 10-11 Weather Preparedness (H) 11:30-12:30 Men's Group (H) 1-2 Meditation (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH) 3:15-4:15 Peace w/ Food & Body (H)	**25** 9-10 Morning Walk (OIP) 10:30-11:30 Anxiety & Depression (H) 1:30-2:30 Living Well w/ Bipolar (V/HH) **3:30-4:30 PAAT Meeting in Person @ Hope House - Departs 3pm**	**26** **Center Closed for Thanksgiving**	**27** **Center Closed for Thanksgiving**
30 **Center Closed 9am - 12:00pm** 12:15-1:15 Book Club (H) 1:30-2:30 Pathways Forward (H) 3-4 Center Beautifying (IP) 4-5 Bienestar Emocional (V) 5-6:30 Support Group for Suicide Attempt Survivors (V)	**"There is always something to be thankful for!"**	**Hope House (HH)** **(805) 541-6813** **-** **Safe Haven (SH)** **(805) 305-3724**	**Group Key:** **Virtual Groups (V)** **Outside in Person (OIP)** **In Person (IP)** **Hybrid (Virtual & In-person) (H)**	**Events may change.** **For zoom info and membership details call (805) 305-7721**