

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Group Key:</u> Virtual Group (V) In Person (IP) Hybrid (IP & V) H</p>	<p>Hope House (HH) 805-541-6813 Safe Haven (SH) 805-489-9659</p>	<p>Do Literally Whatever Makes You Happy!</p>	<p>1 10-11 Craft & Create (IP) 12:30-2 Movie day: Popcorn & Pjs Member Choice Movie (IP) 2-3 Voice & Visions (H)</p>	<p>2 Life House is Closed 3-4 Dual Recovery Anon. (V/HH)</p>
<p>5 9-10 Morning Walk (IP) 10-11 Anger Management (V) 10:30-11:30 Healthy Habits (V/SH) 2:30-3:30 Sound Bath (V/SH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>6 10-11 A.C.T. (H) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 3-4 SLO Hospice Grief Support (H)</p>	<p>7 9:30-10:30 Raqs Sharqi Dance (H) 10:45-11:45 Anxiety & Depression (H) 12-1 Men's Group (H) 1:30-2:30 Living Well w/ Bipolar (V/HH)</p>	<p>8 9-11 Breakfast w/friends (IP) 12:30-1:30 Calendar Planning (H) 2-3 Voice & Visions (H) 4:30-6 Grupo de Bienestar Emocional (V/HH)</p>	<p>9 Beach Outing (IP) (RSVP For Ride) Depart 10am Event Hrs: 10:30am-2:00pm 3-4 Dual Recovery Anon. (V/HH)</p>
<p>12 9-10 Morning Walk (IP) 10-11 Anger Management (V) 10:30-11:30 Healthy Habits (V/SH) 2:30-3:30 Sound Bath (V/SH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>13 10-11 A.C.T. (H) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 3-4 SLO Hospice Grief Support (H) 3-4:30 PAAT Meeting @ TMHA (H)</p>	<p>14 9:30-10:30 Raqs Sharqi Dance (H) 10:45-11:45 Anxiety & Depression (H) 12-1 Reiki w/Art Kuhns (H) Arcade Adventure (IP) (RSVP for Ride) Depart: 1:15 Event Hrs: 1:30-2:30</p>	<p>15 10-11 Craft & Create (IP) 12:30-1:30 LGBTQ+ Group (H) 2-3 Voice & Visions (H)</p>	<p>16 10-11 Attitude of Gratitude(H) 11:30-12:30 Jam Session & Music Sharing (H) 1pm-3pm Movie Day: Popcorn & Pj's Member Choice Movie (IP) 3-4 Dual Recovery Anon. (V/HH)</p>
<p>19 9-10 Morning Walk (IP) 10-11 Anger Management (V) 10:30-11:30 Healthy Habits (V/SH) 2:30-3:30 Sound Bath (V/SH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>20 10-11 A.C.T. (H) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 3-4 SLO Hospice Grief Support (H)</p>	<p>21 9:30-10:30 Raqs Sharqi Dance (H) 10:45-11:45 Anxiety & Depression (H) 12-1 Men's Group (H) 1:30-2:30 Living Well w/ Bipolar (V/HH)</p>	<p>22 9-11 Breakfast w/friends (IP) 12:30-1:30 LGBTQ+ Group (H) 2-3 Voice & Visions (H) 4:30-6 Grupo de Bienestar Emocional (V/HH)</p>	<p>23 10-11 Attitude of Gratitude(H) 11:30-12:30 Jam Session & Music Sharing (H) 1pm-3pm FUNday Friday: Board games & Snacks (IP) 3-4 Dual Recovery Anon. (V/HH)</p>
<p>26 9-10 Morning Walk (IP) 10-11 Anger Management (V) 10:30-11:30 Healthy Habits (V/SH) 2:30-3:30 Sound Bath (V/SH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>27 10-11 A.C.T. (H) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 3-4 SLO Hospice Grief Support (H) 3-4:30 PAAT Meeting @ TMHA (H)</p>	<p>28 9:30-10:30 Raqs Sharqi Dance (H) 10:45-11:45 Anxiety & Depression (H) 12-1 Reiki w/Art Kuhns (H) 1:30-2:30 Living Well w/ Bipolar (V/HH)</p>	<p>29 Wellness Center Unity Event (IP) Ice Cream Social @ Meadow Park (RSVP for ride) Depart: 10:30am Event Hrs: 11-12:30 2-3 Voice & Visions (H)</p>	<p>30 10-11 Attitude of Gratitude(H) 11:30-12:30 Jam Session & Music Sharing (H) 1pm-3pm Movie Day: Popcorn & Pj's Member Choice Movie (IP) 3-4 Dual Recovery Anon. (V/HH)</p>