

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>V: Virtual Group only IP: In Person only H: Hybrid, both Virtual & In Person OIP: Outdoor in person HH: Hope House (SLO) SH: Safe Haven (AG)</p> | | <p>“You yourself, as much as anybody in the entire universe, deserve your love & affection” - Buddha</p> | <p>1 12-1 Afternoon Chill, H 1-2pm Music Sharing, H 2-3 Voices & Vision, H</p> | <p>2 10-3 Beach Outing, IP Treasure & Scavenger Hunt (RSVP Required) 3-4 DRA, V (HH)</p> |
| <p>5 10-11am Morning Walk, OIP 10-11am Anger Management, V 12-2 WRAP, IP w/Victoria 2:30-3:30pm Sound Bath, V (SH) 5:30-6:30pm Support Group for Suicide Attempt Survivors V</p> | <p>6 9-9:45am Breakfast w/Friends 10-11am ACT w/Izzy, IP 11-12pm Meditation, H 12-1pm Men's Group, IP (Malibu Meet-up) 1-2pm Tasks on Track, H 2-3pm Dual Recovery Anon, H</p> | <p>7 9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 10:45-11:45am Anxiety & Depression, H 12-1pm Reiki w/Art Kuhns, H 1:30-3pm Artistic Creations, IP 1:30-2:30 Living Well w/ Bipolar, V (HH) 3-4 pm Hospice: Grief Support, V</p> | <p>8 12-1 Afternoon Chill, H 1-2pm Music Sharing, H 2-3 Voices & Vision, H</p> | <p>9 10am-11a Attitude of Gratitude, H 11:30a-12:30p Jam Session, H 1-3pm FUNday Friday, IP (Acts of Kindness) 3-4pm Center Clean-up, IP 3-4 DRA, V (HH)</p> |
| <p>12 (11-2) 10-3 Wellness Center Unity Event @ Dinosaur Park (RSVP Required) 10-11am Anger Management, V 2:30-3:30pm Sound Bath, V (SH) 5:30-6:30pm Support Group for Suicide Attempt Survivors V</p> | <p>13 10-11am ACT w/Izzy, IP 11-12pm Meditation, H 12-1pm Men's Group, H 1-2pm Tasks on Track, H 2-3pm Dual Recovery Anon, H 3-4:30 PAAT Meeting, H (IP @ 784 High St. SLO)</p> | <p>14 9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 10:45-11:45am Anxiety & Depression, H 12-1 Celebrating Self-Love, H 1:30-3pm Artistic Creations, IP 1:30-2:30 Living Well w/ Bipolar, V (HH) 3-4 pm Hospice: Grief Support, V</p> | <p>15 12-1 Afternoon Chill, H 1-2pm Collaborative Calendar Construction & House Huddle, H 2-3 Voices & Vision, H</p> | <p>16 10am-11a Attitude of Gratitude, H 11:30a-12:30p Jam Session, H 1-3pm FUNday Friday, IP (Show & Tell) 3-4pm Center Clean-up, IP 3-4 DRA, V (HH)</p> |
| <p>19 10-11am Morning Walk, OIP 10-11am Anger Management, V 2:30-3:30pm Sound Bath, V (SH) 5:30-6:30pm Support Group for Suicide Attempt Survivors V</p> | <p>20 9-9:45am Breakfast w/Friends 10-11am ACT w/Izzy, IP 11-12pm Meditation, H 12-1pm Men's Group, H 1-2pm Tasks on Track, H 2-3pm Dual Recovery Anon, H</p> | <p>21 9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 10:45-11:45am Anxiety & Depression, H 12-1pm Reiki w/Art Kuhns, H 1:30-3pm Artistic Creations, IP 1:30-2:30 Living Well w/ Bipolar, V (HH) 3-4 pm Hospice: Grief Support, V</p> | <p>22 <i>Sorry, We're Closed Today. We Look Forward to Seeing You Tomorrow!</i></p> | <p>23 10am-11a Attitude of Gratitude, H 11:30a-12:30p Jam Session, H 12:30-4pm FUNday Friday, IP (Poly Canyon Hike) (RSVP Required) 3-4 DRA, V (HH)</p> |
| <p>26 10-11am Anger Management, V 2:30-3:30pm Sound Bath, V (SH) 5:30-6:30pm Support Group for Suicide Attempt Survivors V</p> | <p>27 10-11am ACT w/Izzy, IP 11-12pm Meditation, H 12-1pm Men's Group, H 1-2pm Tasks on Track, IP 2-3pm Dual Recovery Anon, H 3-4:30 PAAT Meeting, H (IP @ 784 High St. SLO)</p> | <p>28 9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, V 10:45-11:45am Anxiety & Depression, H 1:30-2:30pm Afternoon Chill, H 1:30-2:30 Living Well w/ Bipolar, V (HH) 3-4 pm Hospice: Grief Support, V 3-5pm Arcade Adventure, IP</p> | <p>29 12-1 Afternoon Chill, H 1-2pm Music Sharing, H 2-3 Voices & Vision, H</p> | <p>2024 is a leap year giving us 366 days this year. <i>What will you do with an extra day?</i></p> |