

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>9:30-10:30 Step! <b>IP</b> 10-11 Anger Management hosted by Victoria <b>V</b> 12-1 Coping With 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>3</p> <p>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>4</p> <p><b>10-12 WRAP, IP</b> 1:00-2:30 Artistic Creations <b>IP</b> (Bank Affirmations) <b>2-3 The Divergent Neurons, V</b> 2:30-3:30 SLO Hospice: Grief Support <b>V</b></p>	<p>5</p> <p>9:30-10:30 Atascadero Library, <b>IP</b> 12:30 Emotional Wellness <b>V/IP</b> 2-3 Qi Gong, <b>V/IP</b></p>	<p>6</p> <p>10-11 Lift Now <b>V/IP</b> 1-2:30 FUNDAY Friday (One Year Time Capsule Part 1) <b>IP</b> 3-4 DRA, <b>V</b> (Hope House)</p>	<p>7</p> <p><b>1-2 Grounding Techniques V</b> <b>3-4 New Year New Me, Goals &amp; Tactics Group V</b></p>
<p>9</p> <p>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>Time Management V/IP</b> 12-1 Coping With 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>10</p> <p>10-11 Raqs Sharqi: The Joy Of Middle Eastern Dance <b>V/IP</b> <b>11:30-12:30 Local Hike IP</b> 12:30-Womens Group <b>V/IP</b> 2-3 Dual Recovery Anon <b>IP</b></p>	<p>11</p> <p><b>10-12 WRAP, IP</b> 12-1 Reiki <b>V/IP</b> 1:00-2:30 Artistic Creations <b>IP</b> (Smile Collage) <b>2-3 The Divergent Neurons, V</b> 2:30-3:30 SLO Hospice: Grief Support <b>V</b></p>	<p>12</p> <p>9:30-10:30 Step!, <b>IP</b> <b>10:30-2 Outing to the Elephant Seals in San Simeon IP (Please RSVP)</b> 12:30-1:30 Spiritual Wellness <b>V/IP</b></p>	<p>13</p> <p>10-11 Lift Now <b>V/IP</b> 1-2:30 FUNDAY Friday (One Year Time Capsule Part 2) <b>IP</b> 3-4 DRA, <b>V</b> (Hope House) <b>3-4 PAAT Meeting IP</b> at TMHA Main Office</p>	<p>14</p> <p><b>1-2 Grounding Techniques V</b> <b>3-4 New Year New Me, Goals &amp; Tactics Group V</b></p>
<p>16</p> <p><b>Martin Luther King Jr Day</b> 10-11 Anger Management hosted by Victoria <b>V</b> 5:30-6:30 Support Group for Suicide Attempt Survivors <b>V</b></p>	<p>17</p> <p>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>18</p> <p><b>10-12 WRAP, IP</b> 1-2:30 Artistic Creations <b>IP</b> (Who Listens to You Portrait) <b>2-3 The Divergent Neurons, V</b> 2:30-3:30 SLO Hospice: Grief Support <b>V</b></p>	<p>19</p> <p>9:30-10:30 Atascadero Library, <b>IP</b> 12:30 Environmental Wellness, <b>V/IP</b> <b>2-3 Technology 101, IP</b></p>	<p>20</p> <p><b>11:30-2 New Year Gathering IP</b> 3-4 DRA, <b>V</b> (Hope House)</p>	<p>21</p> <p><b>1-2 Grounding Techniques V</b> <b>3-4 New Year New Me, Goals &amp; Tactics Group V</b></p>
<p>23</p> <p>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>Money Management V/IP</b> 12-1 Coping With 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>24</p> <p>10-11 Raqs Sharqi: The Joy Of Middle Eastern Dance <b>Virtual Only</b></p>	<p>25</p> <p><b>10-12 WRAP, IP</b> 12-1 Reiki <b>V/IP</b> <b>2-3 The Divergent Neurons, V</b> 2:30-3:30 SLO Hospice: Grief Support <b>V</b></p>	<p>26</p> <p>9:30-10:30 Step!, <b>IP</b> 12:30 Wellness Wheel <b>V/IP</b> <b>2-3 Show and Tell V/IP</b></p>	<p>27</p> <p><b>10-11 Attitude Of Gratitude V/IP</b> 11:30-12:30 LGBTQIA+ Group <b>V</b> 1-2:30 FUNDAY Friday (One Year Time Capsule Part 3) (Clothing Exchange) <b>IP</b> 3-4 DRA, <b>V</b> (Hope House)</p>	<p>28</p> <p><b>1-2 Grounding Techniques V</b> <b>3-4 New Year New Me, Goals &amp; Tactics Group V</b></p>
<p>30</p> <p>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>Healthcare + Selfcare V/IP</b> 12-1 Coping With 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>31</p> <p>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><i>"The best is yet to come."</i> <b>-Frank Sinatra</b></p>	<p>If you are exhibiting COVID symptoms, flu symptoms or cold symptoms, please participate in groups on zoom.</p>	<p>For zoom info and membership details call (805) 464-0512. <b>V</b>—Virtual Group <b>IP</b>—In Person <b>Events subject to change.</b></p>	<p>Reach out to the center for information on how to become a member.</p>