

Monday	Tuesday	Wednesday	Thursday	Friday
1 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)	2 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 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)	4 Life House is Closed	5 BEACH OUTING (IP) RSVP for Ride Depart from Life House at 10:00 am Event Hours 10:30-2:00 3-4 Dual Recovery Anon. (H/HH)
8 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)	9 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)	10 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)	11 10-11 Craft & Create (IP) 11:30-12:30 Joyful Movement (V/SH) 2-3 Voice & Visions (H) 4:30-6 Grupo de bienestar emocional ((V/HH))	12 10-11 Chronic Pain & Mental Health (V) 11:30-12:30 Jam Session (H) 1:00-2:00 Calendar Planning (H) 2:30-3:30 Journaling Group (V/SH) 3-4 Dual Recovery Anon. (H/HH)
15 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)	16 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)	17 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) 2-3 Beauty of Encouragement (V/SH)	18 TMHA Summer BBQ Cuesta Park, SLO (IP) RSVP for Ride Depart from Life House at 11:00 am Event Hours 11:30-1:30	19 10-11 Chronic Pain & Mental Health (V) 11:30-12:30 Jam Session (H) 2:30-3:30 Journaling Group (V/SH) 3-4 Dual Recovery Anon. (H/HH)
22 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)	23 10-11 A.C.T. (H) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (V) 3-4 SLO Hospice Grief Support (H) 3-4:30 PAAT Meeting @TMHA	24 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) 2-3 Beauty of Encouragement (V/SH)	25 10-11 Craft & Create (IP) 11:30-12:30 Joyful Movement (V/SH) 2-3 Voice & Visions (H) 4:30-6 Grupo de bienestar emocional ((V/HH))	26 10-11 Chronic Pain & Mental Health (V) 11:30-12:30 Jam Session (H) 2:30-3:30 Journaling Group (V/SH) 3-4 Dual Recovery Anon. (H/HH)
29 9-10 Morning Walk (IP) 10-11 Anger Management (V) 10:30-12:30 Healthy Habits (V/SH) 2:30-3:30 Sound Bath (V/SH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	30 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)	31 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) 2-3 Beauty of Encouragement (V/SH)	Group Key: Virtual Group (V) In Person (IP) Hybrid (IP & V) H	Hope House (HH) 805-541-6813 Safe Haven (SH) 805-489-9659