

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For zoom info and membership details call (805) 464-0512 to setup an appointment to complete a member packet.</p>	<p><b>V:</b> Virtual Group only <b>IP:</b> In Person only <b>V/IP:</b> Both Virtual and In Person <b>OIP:</b> Outdoor in person Groups are subject to change.</p>	<p>1 12p-1p Reiki, <b>V/IP</b> 2:30p-3:30p SLO Hospice: Grief Support <b>V</b></p>	<p>2 Life House Will Be Closed Today</p>	<p>3 10a-11a Lift Now, <b>V/IP</b> 11:30a-2:30 Montana De Oro (Beach Meditation and Hiking) 3p-4p DRA, <b>V</b> (Hope House)</p>
<p>6 9:30a-10:30a Morning Walk, <b>OIP</b> 10a-11a Anger Management hosted by Victoria <b>V</b> 2p-3p Men's Group, <b>OIP</b> 5:30p-6:30p Support Group for Suicide Attempt Survivors, <b>V</b></p>	<p>7 9:30a-10:30a Raqs Sharqi: The Joy Of Middle Eastern Dance, <b>V/IP</b> 11a-12p Meditation, <b>V/IP</b> 2p-3p Dual Recovery Anon, <b>IP</b> 3p-4p Women's Group, <b>V/IP</b></p>	<p>8 9:30a-10:30a Anxiety &amp; Depression <b>V</b> 11a-12:00p Listen &amp; Learn, <b>IP</b> 12p-1p Reiki, <b>V/IP</b> 1p-2:30p Artistic Creations, <b>IP</b> (Jewelry Making) 2:30p-3:30p SLO Hospice: Grief Support <b>V</b></p>	<p>9 9:30a-10:30a Creative Thinking, <b>V/IP</b> 1:30p-2:30p Building Our Strengths, <b>IP</b> 3p-4p Music Sharing, <b>V/IP</b></p>	<p>10 10a-11a Lift Now, <b>V/IP</b> 11:30a-12:30p Jam Session, <b>IP</b> 1p-2:30p Friday Hangout, <b>IP</b> (Show and Tell) 3p-4p DRA, <b>V</b> (Hope House) 3p-4:30p PAAT: Lessons from Childhood <b>V/IP</b></p>
<p>13 9:30a-10:30a Morning Walk, <b>OIP</b> 10a-11a Anger Management hosted by Victoria <b>V</b> 2p-3p Men's Group, <b>OIP</b> 5:30p-6:30p Support Group for Suicide Attempt Survivors, <b>V</b></p>	<p>14 9:30a-10:30a Raqs Sharqi: The Joy Of Middle Eastern Dance, <b>V/IP</b> 11a-12p Meditation, <b>V/IP</b> 12:30p-1:30p Healthy Habits, <b>V/IP</b> 2p-3p Dual Recovery Anon, <b>IP</b> 3p-4p Women's Group, <b>V/IP</b></p>	<p>15 9:30a-10:30a Anxiety &amp; Depression, <b>V</b> 11a-12p Listen &amp; Learn, <b>IP</b> 1p-2:30p Artistic Creations, <b>IP</b> (Crochet Club) 2:30p-3:30p SLO Hospice: Grief Support <b>V</b></p>	<p>16 9:30a-10:30a Time Management, <b>V/IP</b> 1:30p-2:30p Building Our Strengths, <b>IP</b> 3p-4p Music Sharing, <b>V/IP</b></p>	<p>17 10a-11a Lift Now, <b>IP</b> 11:30a-12:30p Jam Session, <b>IP</b> 1p-2:30p Friday Hangout, <b>IP</b> (Cookie Decorating Group) 2:30p-3:30p Center Clean Up, <b>IP</b> 3-4 DRA, <b>V</b> (Hope House)</p>
<p>20 9:30a-10:30a Morning Walk, <b>OIP</b> 10a-11a Anger Management hosted by Victoria <b>V</b> 2p-3p Men's Group, <b>OIP</b> 5:30p-6:30p Support Group for Suicide Attempt Survivors, <b>V</b></p>	<p>21 9:30a-10:30a Raqs Sharqi: The Joy Of Middle Eastern Dance, <b>V/IP</b> 11a-12p Meditation, <b>V/IP</b> 12:30p-1:30p Healthy Habits, <b>V/IP</b> 2p-3p Dual Recovery Anon, <b>IP</b> 3p-4p Women's Group, <b>V/IP</b></p>	<p>22 9:30a-10:30a Anxiety &amp; Depression, <b>V</b> 11a-12p Listen &amp; Learn, <b>IP</b> 1p-2:30p Artistic Creations, <b>IP</b> (Rock Art) 2:30p-3:30p SLO Hospice: Grief Support <b>V</b></p>	<p>23 9:30a-10:30a Practicing Empathy, <b>V/IP</b> 11a-1p Talent Show at Hope House (RSVP by 3/16) 3p-4p Music Sharing, <b>V/IP</b></p>	<p>24 10a-11a Attitude Of Gratitude, <b>V/IP</b> 11:30a-12:30p LGBTQIA+ Group, <b>V</b> 1p-2:30p Friday Hangout, <b>IP</b> (Member Celebrations/Clothing Exchange) 3p-4p DRA, <b>V</b> (Hope House) 3p-4:30p PAAT: Check-in w/self</p>
<p>27 9:30a-10:30a Morning Walk, <b>OIP</b> 10a-11a Anger Management hosted by Victoria <b>V</b> 11a-12p Program Spotlight: <b>V/IP</b> Family Services 2p-3p Men's Group, <b>OIP</b> 5:30p-6:30p Support Group for Suicide Attempt Survivors, <b>V</b></p>	<p>28 9:30a-10:30a Raqs Sharqi: The Joy Of Middle Eastern Dance, <b>V/IP</b> 11a-12p Meditation, <b>V/IP</b> 12:30p-1:30p Healthy Habits, <b>V/IP</b> 2p-3p Dual Recovery Anon, <b>IP</b> 3p-4p Women's Group, <b>V/IP</b></p>	<p>29 9:30-10:30p Anxiety &amp; Depression, <b>V</b> 11a-12p Listen &amp; Learn, <b>IP</b> 1p-2:30p Artistic Creations, <b>IP</b> (Art Buffet) 2:30p-3:30p SLO Hospice: Grief Support <b>V</b></p>	<p>30 9:30a-10:30a Teamwork Skills, <b>IP</b> 1:30p-2:30p Building Our Strengths, <b>IP</b> 3p-4p Music Sharing, <b>V/IP</b></p>	<p>31 10a-11a Lift Now, <b>V/IP</b> 11:30a-12:30p Jam Session, <b>IP</b> 1-2:30 Friday Hangout, <b>IP</b> (Center Meeting/Current Events)) 3-4 DRA, <b>V</b> (Hope House)</p>