

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9-10:30 Staff Meeting (center closed)</p> <p>10-11 Anger Management (V)</p> <p>11:00-12:00 Morning Walk + Coffee (IP)</p> <p>12:15- 1:15 Journaling (IP)</p> <p>2:30- 3:30 Sound Bath (V/SH)</p> <p>3-4 Build Your Skills (V)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>4</p> <p>10-11 Morning Social (H)</p> <p>11-12 Meditation (H)</p> <p>12:45-1:45 Music Sharing (H)</p> <p>2-3 Dual Recovery Anon. (H)</p> <p>3-4 Grupo de Bienestar Emocional (H)</p>	<p>5</p> <p>9:30-10:30 Raqs Sharqi Dance (H)</p> <p>10:45-11:45 Anxiety & Depression (H)</p> <p>12-1 Men's Group @ Malibu (IP)</p> <p>1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30</p> <p>- 3:30 Social Skills 18-35 (H)</p>	<p>6</p> <p>9:30-10:30 Coffee w/friends (IP)</p> <p>11:00-12:00 Self- Compassion (H)</p> <p>12:30-1:30 LGBTQIA+ and Allies (H)</p> <p>2-3 Voice & Visions (H)</p> <p>3-4 SLO Hospice Grief Support (H)</p>	<p>7</p> <p>9- 10 Yoga for Every Body w/ Kellee (IP)</p> <p>10- 11 Chronic Pain & Mental Health (V/SH)</p> <p>10:15-11:15 Attitude of Gratitude (IP)</p> <p>11:30-12:30 Jam Session (IP)</p> <p>1-3 Member Movie Day (IP)</p> <p>3-4 D.R.A. (V/HH)</p>
<p>10 9-10 Staff Meeting (center closed)</p> <p>10-11 Anger Management (V)</p> <p>10:30-11:30 Morning Walk (IP)</p> <p>12- 1 Journaling (IP)</p> <p>3-4 Build Your Skills (V)</p> <p>2:30- 3:30 Sound Bath (V/SH)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>11</p> <p>10-11 Morning Social (H)</p> <p>11-12 Meditation (OIP)</p> <p>12:45-1:45 Music Sharing (H)</p> <p>2-3 Dual Recovery Anon. (H)</p> <p>3-4 Book Club (H)</p> <p>3-4:30 PAAT Meeting @ TMHA (H)</p>	<p>12</p> <p>9:30-10:30 Raqs Sharqi Dance (H)</p> <p>10:45-11:45 Anxiety & Depression (H)</p> <p>12-1 Reiki w/ Art Kuhns (H)</p> <p>1:15-2:15 Craft & Create (H)</p> <p>1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30</p> <p>- 3:30 Social Skills 35+ (H)</p>	<p>13</p> <p>9:30-10:30 Breakfast w/friends (IP)</p> <p>11:00-12:00 Self- Compassion (H)</p> <p>12:30-1:30 LH Group Planning (H)</p> <p>2-3 Voice & Visions (H)</p> <p>3-4 SLO Hospice Grief Support (H)</p> <p>4:30-6 Grupo de Bienestar Emocional (V/HH)</p>	<p>14</p> <p>9- 10 Yoga for Every Body (H)</p> <p>10- 11 Chronic Pain (V/SH)</p> <p>10:15-11:15 Attitude of Gratitude (H)</p> <p>11:30-12:30 Center Closed</p> <p>1-2:15 Jam Session (IP)</p> <p>Center Closing at 2:30 today</p> <p>3-4 D.R.A. (V/HH)</p>
<p>17 9-10 Staff Meeting (center closed)</p> <p>10-11 Anger Management (V)</p> <p>10:30-11:30 Morning Walk + Coffee (IP)</p> <p>12- 1 Journaling (IP)</p> <p>1:30 - 3:00 St. Patrick's Day Potluck</p> <p>RSVP (IP)</p> <p>3-4 Build Your Skills (V)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>18</p> <p>10-11 Morning Social (H)</p> <p>11-12 Meditation (H)</p> <p>12:45-1:45 Music Sharing (H)</p> <p>2-3 Dual Recovery Anon. (H)</p> <p>3-4 Community Clean Up (IP)</p>	<p>19</p> <p>9:30-10:30 Raqs Sharqi Dance (H)</p> <p>10:45-11:45 Anxiety & Depression (H)</p> <p>12-1 Men's Group (H)</p> <p>1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30</p> <p>- 3:30 Social Skills 18-35 (H)</p>	<p>20</p> <p>9:30 -10:30 Coffee w/friends (IP)</p> <p>11:00-12:00 Self- Compassion (H)</p> <p>12:30-1:30 LGBTQIA+ and Allies (H)</p> <p>2-3 Voice & Visions (H)</p> <p>3-4 SLO Hospice Grief Support (H)</p>	<p>21</p> <p>9- 10 Yoga for Every Body w/ Kellee (IP)</p> <p>10- 11 Chronic Pain & Mental Health (V/SH)</p> <p>10:15-11:15 Attitude of Gratitude (H)</p> <p>11:30-12:30 Jam Session (IP)</p> <p>1-2:30 Board Games (IP)</p> <p>3-4 D.R.A. (V/HH)</p>
<p>24 9-10 Staff Meeting (center closed)</p> <p>10-11 Anger Management (V)</p> <p>10:30-11:30 Morning Walk @ Atascadero Lake Park RSVP (IP)</p> <p>3-4 Build Your Skills (V)</p> <p>12- 1 Journaling (IP)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>25</p> <p>Center Closed for Staff Development</p> <p>2-3 Dual Recovery Anon. (V)</p> <p>3-4:30 PAAT Meeting @ TMHA (V)</p>	<p>26</p> <p>9:30-10:30 Raqs Sharqi Dance (H)</p> <p>10:45-11:45 Anxiety & Depression (H)</p> <p>12-1 Reiki w/ Art Kuhns (H)</p> <p>1:15-2:15 Craft & Create (H)</p> <p>1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30</p> <p>- 3:30 Social Skills 35 + (H)</p>	<p>27 9:30-10:30 Coffee w/friends (IP)</p> <p>11:00-12:00 Self- Compassion (H)</p> <p>12:30-1:30 Lunch and Learn (IP)</p> <p>2-3 Voice & Visions (H)</p> <p>3-4 SLO Hospice Grief Support (H)</p> <p>4:30-6 Grupo de Bienestar Emocional (V/HH)</p>	<p>28</p> <p>9- 10 Yoga for Every Body (H)</p> <p>10- 11 Chronic Pain (V/SH)</p> <p><u>Unity Event (IP) RSVP</u></p> <p>Depart at 12:00</p> <p>Event hrs: 12:30pm—2:30pm</p> <p>3-4 D.R.A. (V/HH)</p>
<p>31 9-10 Staff Meeting (center closed)</p> <p>10-11 Anger Management (V)</p> <p>10:30-11:30 Morning Walk (IP)</p> <p>12- 1 Journaling (IP)</p> <p>3-4 Build Your Skills (V)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>"Do not allow people to dim your shine because they are blinded. Tell them to put some sunglasses on."</p> <p>Lady Gaga</p>	<p>California Peer-Run Warm Line</p> <p>Mental Health Support 24/7</p> <p>1 (855) 600-9276</p>	<p>Group Key</p> <p>V: Virtual Group only</p> <p>IP: In Person only</p> <p>H: Hybrid, both Virtual and In Person</p> <p>OIP: Outdoor in person</p>	<p>Hope House (HH)</p> <p>805-541-6813</p> <p>Safe Haven (SH)</p> <p>805-489-9659</p>