

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 9-10:30 Staff Meeting (center closed) 10-11 Anger Management (V) 11:00-12:00 Morning Walk + Coffee (IP) 12:15- 1:15 Journaling (IP) 2:30- 3:30 Sound Bath (V/SH) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>4 10-11 Morning Social (H) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 3-4 Grupo de Bienestar Emocional (H)</p>	<p>5 9:30-10:30 Raqs Sharqi Dance (H) 10:45-11:45 Anxiety & Depression (H) 12-1 Men's Group @ Malibu (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Social Skills 18-35 (H)</p>	<p>6 9:30-10:30 Coffee w/friends (IP) 11:00-12:00 Self- Compassion (H) 12:30-1:30 LGBTQIA+ and Allies (H) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (H)</p>	<p>7 9- 10 Yoga for Every Body w/ Kellee (IP) 10- 11 Chronic Pain & Mental Health (V/SH) 10:15-11:15 Attitude of Gratitude (IP) 11:30-12:30 Jam Session (IP) 1-3 Member Movie Day (IP) 3-4 D.R.A. (V/HH)</p>
<p>10 9-10 Staff Meeting (center closed) 10-11 Anger Management (V) 10:30-11:30 Morning Walk (IP) 12- 1 Journaling (IP) 3-4 Build Your Skills (V) 2:30- 3:30 Sound Bath (V/SH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>11 10-11 Morning Social (H) 11-12 Meditation (OIP) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 3-4 Book Club (H) 3-4:30 PAAT Meeting @ TMHA (H)</p>	<p>12 9:30-10:30 Raqs Sharqi Dance (H) 10:45-11:45 Anxiety & Depression (H) 12-1 Reiki w/ Art Kuhns (H) 1:15-2:15 Craft & Create (H) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Social Skills 35+ (H)</p>	<p>13 9:30-10:30 Breakfast w/friends (IP) 11:00-12:00 Self- Compassion (H) 12:30-1:30 LH Group Planning (H) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (H) 4:30-6 Grupo de Bienestar Emocional (V/HH)</p>	<p>14 9- 10 Yoga for Every Body (H) 10- 11 Chronic Pain (V/SH) 10:15-11:15 Attitude of Gratitude (H) 11:30-12:30 Center Closed 1-2:15 Jam Session (IP) Center Closing at 2:30 today 3-4 D.R.A. (V/HH)</p>
<p>17 9-10 Staff Meeting (center closed) 10-11 Anger Management (V) 10:30-11:30 Morning Walk + Coffee (IP) 12- 1 Journaling (IP) 1:30 - 3:00 St. Patrick's Day Potluck RSVP (IP) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>18 10-11 Morning Social (H) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 3-4 Community Clean Up (IP)</p>	<p>19 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) 2:30-3:30 Social Skills 18-35 (H)</p>	<p>20 9:30 -10:30 Coffee w/friends (IP) 11:00-12:00 Self- Compassion (H) 12:30-1:30 LGBTQIA+ and Allies (H) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (H)</p>	<p>21 9- 10 Yoga for Every Body w/ Kellee (IP) 10- 11 Chronic Pain & Mental Health (V/SH) 10:15-11:15 Attitude of Gratitude (H) 11:30-12:30 Jam Session (IP) 1-2:30 Board Games (IP) 3-4 D.R.A. (V/HH)</p>
<p>24 9-10 Staff Meeting (center closed) 10-11 Anger Management (V) 10:30-11:30 Morning Walk @ Atascadero Lake Park RSVP (IP) 3-4 Build Your Skills (V) 12- 1 Journaling (IP) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>25 Center Closed for Staff Development 2-3 Dual Recovery Anon. (V) 3-4:30 PAAT Meeting @ TMHA (V)</p>	<p>26 9:30-10:30 Raqs Sharqi Dance (H) 10:45-11:45 Anxiety & Depression (H) 12-1 Reiki w/ Art Kuhns (H) 1:15-2:15 Craft & Create (H) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Social Skills 35 + (H)</p>	<p>27 9:30-10:30 Coffee w/friends (IP) 11:00-12:00 Self- Compassion (H) 12:30-1:30 Lunch and Learn (IP) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (H) 4:30-6 Grupo de Bienestar Emocional (V/HH)</p>	<p>28 9- 10 Yoga for Every Body (H) 10- 11 Chronic Pain (V/SH) Unity Event (IP) RSVP Depart at 12:00 Event hrs: 12:30pm—2:30pm 3-4 D.R.A. (V/HH)</p>
<p>31 9-10 Staff Meeting (center closed) 10-11 Anger Management (V) 10:30-11:30 Morning Walk (IP) 12- 1 Journaling (IP) 3-4 Build Your Skills (V) 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." Lady Gaga</p>	<p>California Peer-Run Warm Line Mental Health Support 24/7 1 (855) 600-9276</p>	<p>Group Key V: Virtual Group only IP: In Person only H: Hybrid, both Virtual and In Person OIP: Outdoor in person</p>	<p>Hope House (HH) 805-541-6813 Safe Haven (SH) 805-489-9659</p>