



Life House September 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>V:Virtual Group only IP: In Person only H: Hybrid, both Virtual and In Person OIP: Outdoor in person HH: Hope House SH: Safe Haven</p>		<p>“There is a clarity about September... the sun seems brighter, the sky more blue, the white clouds take on marvelous shapes; the moon is a wonderful apparition, rising gold, cooling to silver; & the stars are so big.” -Faith Baldwin</p>		<p>1 10am-11a Attitude of Gratitude, H 2:30– 3:30pm Center Clean-up, IP 3-4 DRA, V (Hope House)</p>
<p>4 <i>Happy Labor Day</i> 2:30-3:30pm Sound Bath, V (SH) 5:30-6:30pm Support Group for Suicide Attempt Survivors V</p>	<p>5 9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 11-12pm Meditation, H 12-1pm Men’s Group, H 1-2pm Women’s Group, H 2-3pm Dual Recovery Anon, H</p>	<p>6 10:30-11:30am Anxiety & Depression, H 12-1pm Body, Mind & Heart Yoga w/Madeline Taylor, IP 1:30-2:30 Living Well w/ Bipolar, V (HH) 1-3pm Artistic Creations, IP (Color & Bleach Tie-Dye) 2:30-3:30pm SLO Hospice Grief Support V</p>	<p>7 1-2pm LH House Meeting & Calendar planning, H 2:30pm Wellness Walk, IP (Visit our Local Thrift Stores, bring \$ if you want to shop)</p>	<p>8 10am-11a Attitude of Gratitude, H 11:30a-12:30p Jam Session, H 1-2:30pm FUNday Friday IP (Bingo) 3-4 DRA, V (Hope House) 3-4:30 PAAT Meeting: H (IP located @ SLO main office)</p>
<p>11 9:30-10:30am Morning Walk, OIP 10-11am Anger Management, V 11-1 Wellness Recovery Action Plan (WRAP), V</p>	<p>12 9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 11-12pm Meditation, H 12-1pm Men’s Group, IP (Malibu Meet-up) 1-2pm Women’s Group, IP (Malibu Meet-up) 2-3pm Dual Recovery Anon, H</p>	<p>13 10:30-11:30am Anxiety & Depression, H 12-1pm Reiki w/Art Kuhns, H 1:30-2:30 Living Well w/ Bipolar, V (HH) 2:30-4:30 Drum Circle, IP (HH) (RSVP) 2:30-3:30pm SLO Hospice Grief Support V</p>	<p>14 Sorry, The Center is Closed Today. 10-11 Written Expression, V (HH)</p>	<p>15 Sorry, The Center is Closed Today. <i>See You Monday!</i> 3-4 DRA, V (Hope House)</p>
<p>18 9:30-10:30am Morning Walk, OIP 10-11am Anger Management, V 11-1 Wellness Recovery Action Plan (WRAP), V 2:30-3:30pm Sound Bath, V (SH) 5:30-6:30pm Support Group for Suicide Attempt Survivors V</p>	<p>19 9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 11-12pm Meditation, H 12-1pm Men’s Group, H 1-2pm Women’s Group, H 2-3pm Dual Recovery Anon, H</p>	<p>20 10:30-11:30am Anxiety & Depression, H 10-2pm Peer to Peer, V 12-1pm Body, Mind & Heart Yoga w/Madeline Taylor, IP 1-3pm Movie & Popcorn, IP (Member Choice) 2:30-3:30pm SLO Hospice Grief Support V</p>	<p>21 Sorry, The Center is Closed Today.</p>	<p>22 10-2:30 Wellness Center Unity Event @ Avila Beach 3-4 DRA, V (Hope House) 3-4:30 PAAT Meeting: H (IP located @ SLO main office)</p>
<p>25 9:30-10:30am Morning Walk, OIP 10-11am Anger Management, V 11-1 Wellness Recovery Action Plan (WRAP), V 2:30-3:30pm Sound Bath, V (SH) 5:30-6:30pm Support Group for Suicide Attempt Survivors V</p>	<p>26 9:30-10:30am Raqs Sharqi: The Joy Of Middle Eastern Dance, H 11-12pm Meditation, H 12-1pm Men’s Group, H 1-2pm Women’s Group, H 2-3pm Dual Recovery Anon, H</p>	<p>27 10:30-11:30am Anxiety & Depression, H 10-2pm Peer to Peer, V 12-1pm Reiki w/Art Kuhns, H 1:30-2:30 Living Well w/ Bipolar, V (HH) 1-3pm Artistic Creations, IP (Iron on Image transfers) 2:30-3:30pm SLO Hospice Grief Support V</p>	<p>28 12-1 Afternoon Chill, H 1-2pm Music Sharing, H 2:30pm Hearty Hike, IP (RSVP)</p>	<p>29 10am-11a Attitude of Gratitude, H 11:30a-12:30p Jam Session, H 1-2:30pm FUNday Friday IP (Member Celebrations) 3-4 DRA, V (Hope House)</p>