



Monday	Tuesday	Wednesday	Thursday	Friday
<p>For zoom info and membership details call (805) 305-7721</p>	<p>Group Key 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>1 9–10 Morning Walk (OIP) 10:30–11:30 Anxiety & Depression (H) 12–1 Men’s Group (H) 1:30–2:30 Living Well w/ Bipolar (V/HH) 2:30– 3:30 Harmony Hub (H)</p>	<p>2 Outing to SLO Museum of Art Departure: 11:00am Event Hours: 11:30–1:30 pm 2–3 Voice & Visions (H) 3–4 Grief Support (V)</p>	<p>3 9– 10 Yoga for Every Body w/ Kellee (IP) 10:15–11:15 Attitude of Gratitude (H) 11:45–12:45 Music Sharing (H) 1–3 Member Movie Day (IP) 3–4 D.R.A (V/HH)</p>
<p>6 9–10:30 Staff Meeting (Center Closed) 12:15–1:15 Book Club (H) 2–3 Women’s Group (H) 5:30–6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>7 10–11 Morning Social (H) 12–2 WRAP w/ Victoria (IP) 2–3 Dual Recovery Anon. (H) 3:15– 4:15 Healthy Habits (H) 3–4:30 PAAT Meeting @ TMHA (H)</p>	<p>8 9–10 Morning Walk (OIP) 10:30–11:30 Anxiety & Depression (H) 12–1 LH Group Planning (H) 1:15–2:15 Craft & Create (IP) 2:30– 3:30 Harmony Hub (H)</p>	<p>9 11:30–12:30 Self-Compassion (H) 1–2 SEP Job Seeker’s Workshop (H/HH) 2–3 Voice & Visions (H) 3–4 Grief Support (V) 4– 5pm LGBTQ+ (V/HH)</p>	<p>10 Center Closed for Staff Development 3–4 D.R.A (V/HH)</p>
<p>13 9–10:30 Staff Meeting (Center Closed) 12:15–1:15 Book Club (H) 2–3 Women’s Group (H) 5:30–6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>14 10–11 Morning Social (H) 11–12 Meditation (V) 12–2 WRAP w/ Victoria (IP) 2–3 Dual Recovery Anon. (H) 2–3 Voices & Visions (V/HH) 3:15– 4:15 Healthy Habits (H)</p>	<p>15 9–10 Morning Walk (IP) 10:30–11:30 Anxiety & Depression (H) 12–1 Reiki w/ Art Kuhns (H) 1:30–2:30 Living Well w/ Bipolar (V/HH) 2:30– 3:30 Communication Club (H)</p>	<p>16 10:15–11:15 Pathways to Positivity (IP) 11:30–12:30 Self-Compassion (H) 1–2 SEP Job Seeker’s Workshop (H/HH) 2–3 Voice & Visions (H) 3–4 Grief Support (V) 4– 5pm LGBTQ+ (V/HH)</p>	<p>17 9– 10 Yoga for Every Body w/ Kellee (IP) 10:15–11:15 Attitude of Gratitude (H) 11:45–12:45 Music Sharing (H) 1–3 Member Movie Day (IP) 3–4 D.R.A (V/HH)</p>
<p>20 9–10:30 Staff Meeting (Center Closed) 12:15–1:15 Book Club (H) 2–3 Women’s Group (H) 3:15– 4:15 Center Beautifying (IP) 5:30–6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>21 10–11 Morning Social (H) 11–12 Meditation (V) 12–2 WRAP w/ Victoria (IP) 2–3 Dual Recovery Anon. (H) 3:15– 4:15 Healthy Habits (H) 3–4:30 PAAT Meeting @ TMHA (H)</p>	<p>22 9–10 Morning Walk (IP) 10:30–11:30 Anxiety & Depression (H) 12–1 Sound Bath w/ Clayton (H) 1:15–2:15 Craft & Create (IP) 2:30– 3:30 Communication Club (H)</p>	<p>23 10:15–11:15 Pathways to Positivity (IP) 11:30–12:30 Self-Compassion (H) 1–2 SEP Job Seeker’s Workshop (H/HH) 2–3 Voice & Visions (H) 3–4 Grief Support (V) 4– 5pm LGBTQ+ (V/HH)</p>	<p>24 Outing Montana De Oro Bluff Trail Walk w/ Safe Haven Depart: 10:30 am Event Hours: 11am–2pm 3–4 D.R.A (V/HH)</p>
<p>27 9–10:30 Staff Meeting (Center Closed) 12:15–1:15 Book Club (H) 2–3 Women’s Group (H) 3:15– 4:15 Center Beautifying (IP) 5:30–6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>28 10–11 Morning Social (H) 12–2 WRAP w/ Victoria (IP) 2–3 Dual Recovery Anon. (H) 2–3 Voices & Visions (V/HH) 3:15– 4:15 Healthy Habits (H)</p>	<p>29 9–10 Morning Walk @ Atascadero Lake Park (OIP) 10:30–11:30 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 (H)</p>	<p>30 10:15–11:15 Pathways to Positivity (IP) 11:30–12:30 Self-Compassion (H) 1–2 SEP Job Seeker’s Workshop (H/HH) 2–3 Voice & Visions (H) 3–4 Grief Support (V) 4– 5pm LGBTQ+ (V/HH)</p>	<p>Hope House (HH) 805-801-3536 Safe Haven (SH) 805-305-3724</p>