

Monday	Tuesday	Wednesday	Thursday	Friday
For zoom info and membership details call (805) 305-7721	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	Hope House (HH) 805-801-3536 Safe Haven (SH) 805-305-3724	California Peer-Run Warm Line Mental Health Support 24/7 1 (855) 600-9276	1 10:15-11:15 Attitude of Gratitude(H) 11:45-12:45 Jam Session (IP) 1:30-2:30 Funday Friday: Board Games (IP) 3-4 D.R.A. (V/HH)
4 9-10:30 Staff Meeting (center closed) 12-1 Journaling (IP) 1:30—2:30 Women's Group (H) 2:45-3:45 Book Club (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	5 10-11 Morning Social (H) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH) 3:15- 4:15 Center Beautifying (IP)	6 9am—10am Morning Walk (IP) 10:30-11:30 Anxiety & Depression (H) 12-1 Men's Group (H) 1:15-2:15 Craft & Create (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30- 3:30 Social Skills ages 35 + (H)	7 11:30-12:30 Self- Compassion (H) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (H) 4- 5pm LGBTQ+ (H) 5-6 Grupo de Bienestar Emocional (V)	8 9- 10 Yoga for Every Body w/ Kellee (IP) Staff Development Day Center will be closed after 10am. 3-4 D.R.A. (V/HH)
11 9-10:30 Staff Meeting (center closed) 11:30—12:30 Brunch with Friends (IP) RSVP 1-2 Journaling (IP) 2:45-3:45 Book Club (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	12 10-11 Morning Social (H) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH) 3:15- 4:15 Center Beautifying (IP) 3-4:30 PAAT Meeting @ TMHA (H)	13 9am—10am 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 Social Skills ages 18-35 (H)	14 10- 11am Express Yourself (H) 11:30-12:30 Self- Compassion (H) 12:30-1:30 LH Group Planning (H) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (H) 4- 5pm LGBTQ+ (H) 5-6 Grupo de Bienestar Emocional (V)	15 Elfin Forest Outing (IP) RSVP Departure at 11:30 Event Hours: 12 -2
18 9-10:30 Staff Meeting (center closed) 12-1 Journaling (IP) 1:30—2:30 Women's Group (H) 2:45-3:45 Book Club (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	19 10-11 Morning Social (H) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH) 3:15- 4:15 Center Beautifying (IP)	20 9am—10am Morning Walk @ Atascadero Lake (IP) RSVP 10:30-11:30 Anxiety & Depression (H) 12-1 Men's Group (H) 1:15-2:15 Craft & Create (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30- 3:30 Social Skills ages 35+ (H)	21 11:30 -12:30 Self- Compassion (H) 12:30-1:30 Lunch and Learn (IP) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (H) 4- 5pm LGBTQ+ (H) 4:30-6 Grupo de Bienestar Emocional (V)	22 9- 10 Yoga for Every Body w/ Kellee (IP) 10:15-11:15 Attitude of Gratitude(H) 11:30-12:30 Jam Session (IP) 1-3 Member Movie Day (IP) 3-4 D.R.A. (V/HH)
25 9-10:30 Staff Meeting (center closed) 12:15- 1:15 Journaling (IP) 2:45-3:45 Book Club (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	26 10-11 Morning Social (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH) 3:15- 4:15 Center Beautifying (IP)	27 9am—10am Morning Walk (IP) 10:30-11:30 Anxiety & Depression (H) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30- 3:30 Social Skills ages 18-35 (H)	28 10- 11am Express Yourself (H) 11:30-12:30 Self- Compassion (H) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (H) 4- 5pm LGBTQ+ (H) 5-6 Grupo de Bienestar Emocional (V)	29 9- 10 Chair Yoga (H) Unity Event:Ice Cream Social @ Strother Park (IP) RSVP Departure at 11:30 Event Hours 12:30-2:30 3-4 D.R.A. (V/HH)