

| Monday                                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                            | Friday                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br><b>Center Closed 9am - 12:00pm</b><br>12:15-1:15 Book Club (H)<br>1:30-2:30 Pathways Forward (H)<br>3-4 Build Your Skills (V/SH)<br>4-5 Bienestar Emocional (H)<br>5:30-6:30 Support Group for Suicide Attempt Survivors (V)  | <b>4</b><br>10-11 Morning Social (H)<br>11:30-12:30 Men's Group (H)<br>1-2 Meditation (H)<br>2-3 Dual Recovery Anon. (H)<br>2-3 Voice & Visions (V/HH)<br>3:15-4:15 Healthy Habits (H)                                    | <b>5</b><br>9-10 Morning Walk (OIP)<br>10:30-11:30 Anxiety & Depression (H)<br><b>Unit Event: Beach Journaling &amp; Picnic</b><br><b>12pm - 2pm</b><br><b>(Departs 11:30)</b>                                                                                 | <b>6</b><br><b>Closed for Staff Development</b>                                                                                                                                                                                     | <b>7</b><br>9-10 Yoga for Every Body w/ Kellee (IP)<br>10:15-11:15 Attitude of Gratitude (H)<br>11:45-12:45 Music Sharing (H)<br>1-3 Member Movie Day (IP)<br>3-4 D.R.A (V/HH)        |
| <b>10</b><br><b>Center Closed 9am - 12:00pm</b><br>12:15-1:15 Book Club (H)<br>1:30-2:30 Pathways Forward (H)<br>3-4 Build Your Skills (V/SH)<br>4-5 Bienestar Emocional (H)<br>5:30-6:30 Support Group for Suicide Attempt Survivors (V) | <b>11</b><br>10-11 Morning Social (H)<br>11:30-12:30 Men's Group (H)<br>1-2 Meditation (H)<br>2-3 Dual Recovery Anon. (H)<br>2-3 Voice & Visions (V/HH)<br><b>3-4:30 PAAT Meeting (H)</b>                                 | <b>12</b><br>9-10 Morning Walk (OIP)<br>10:30-11:30 Anxiety & Depression (H)<br>12-1 Reiki w/ Art (IP)<br>1:15-2:15 Craft & Create w/ Tammie (IP)<br>1:30-2:30 Living Well w/ Bipolar (V/HH)<br>2:30-3:30 Harmony Hub (H)<br>3:30-4:30 Center Beautifying (IP) | <b>13</b><br>9-10 Women's Group (V)<br>11:30-12:30 Self-Compassion (H)<br>1-2 Renter's Resources (H)<br>1-2 Poetry Reading & Reflection (V/SH)<br>2-3 Voices & Visions (H)<br>3-4 Grief Support (V)<br>4-5 LGBTQ+ (H)               | <b>14</b><br>9-10 Community Garden (OIP)<br>10:15-11:15 Attitude of Gratitude (H)<br><b>Unit Event: Summer Social @ Life House 12-2</b><br>3-4 D.R.A (V/HH)                           |
| <b>17</b><br><b>Closed for Staff Development</b><br>5:30-6:30 Support Group for Suicide Attempt Survivors (V)                                                                                                                             | <b>18</b><br>10-11 Morning Social (H)<br>11:30-12:30 Men's Group (H)<br>1-2 Meditation (H)<br>2-3 Dual Recovery Anon. (H)<br>2-3 Voice & Visions (V/HH)<br>3:15-4:15 Healthy Habits (H)                                   | <b>19</b><br>9-10 Morning Walk (OIP)<br>10:30-11:30 Anxiety & Depression (H)<br>12-1 SoundBath w/ Clayton (IP)<br>1:30-2:30 Living Well w/ Bipolar (V/HH)<br>2:30-3:30 Harmony Hub (V)<br>3:30-4:30 Center Beautifying (IP)                                    | <b>20</b><br><b>10-12 Unity Event: Pismo Beach Clean Up (Depart: 9:30am)</b><br>1-2 Renter's Resources (H)<br>1-2pm Music Sharing (V/SH)<br>2-3 Voices & Visions (H)<br>3-4 Grief Support (H)<br>4-5 LGBTQ+ (H)                     | <b>21</b><br>9-10 Yoga for Every Body w/ Kellee (IP)<br>10:15-11:15 Attitude of Gratitude (H)<br>11:45-12:45 Music Sharing (H)<br>1-2:30 Member Celebrations (IP)<br>3-4 D.R.A (V/HH) |
| <b>24</b><br><b>Center Closed 9am - 12:00pm</b><br>12:15-1:15 Book Club (H)<br>1:30-2:30 Pathways Forward (H)<br>3-4 Build Your Skills (V/SH)<br>4-5 Bienestar Emocional (H)<br>5:30-6:30 Support Group for Suicide Attempt Survivors (V) | <b>25</b><br><b>Outing - Botanical Garden 10-11:30 (Departs 9:30)</b><br>11:30-12:30 Men's Group (H)<br>1-2 Meditation (H)<br>2-3 Dual Recovery Anon. (H)<br>2-3 Voice & Visions (V/HH)<br><b>3-4:30 PAAT Meeting (H)</b> | <b>26</b><br>9-10 Morning Walk (OIP)<br>10:30-11:30 Anxiety & Depression (H)<br>1:15-2:15 Craft & Create (IP)<br>1:30-2:30 Living Well w/ Bipolar (V/HH)<br>2:30-3:30 Harmony Hub (H)<br>3:30-4:30 Center Beautifying (IP)                                     | <b>27</b><br>9-10 Women's Group (H)<br>10-11:15 Community Cooking (IP)<br>11:30-12:30 Self-Compassion (H)<br>1-2 Renter's Resources (H)<br>1-2 Poetry (V/SH)<br>2-3 Voices & Visions (H)<br>3-4 Grief Support (H)<br>4-5 LGBTQ+ (H) | <b>28</b><br>9-10 Community Garden (OIP)<br>10:15-11:15 Attitude of Gratitude (H)<br>11:45-12:45 Music Sharing (H)<br>1-3 Member Movie Day (IP)<br>3-4 D.R.A (V/HH)                   |
| <b>31</b><br><b>Center Closed 9am - 12:00pm</b><br>12:15-1:15 Book Club (H)<br>1:30-2:30 Pathways Forward (H)<br>3-4 Build Your Skills (V/SH)<br>4-5 Bienestar Emocional (H)<br>5:30-6:30 Support Group for Suicide Attempt Survivors (V) | AUGUST IS<br><b>National Wellness Month</b>                                                                                                                                                                               | <b>Hope House (HH)</b><br><b>(805) 541-6813</b><br>-<br><b>Safe Haven (SH)</b><br><b>(805) 305-3724</b>                                                                                                                                                        | <b>Group Key:</b><br><b>Virtual Groups (V)</b><br><b>Outside in Person (OIP)</b><br><b>In Person (IP)</b><br><b>Hybrid (Virtual &amp; In-person) (H)</b>                                                                            | <b>Events may change.</b><br><b>For zoom info and membership details call (805) 305-7721</b>                                                                                          |