

Monday	Tuesday	Wednesday	Thursday	Friday
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	Hope House (HH) 805-801-3536 ★ Safe Haven (SH) 805-305-3724	For zoom info and membership details call (805) 305-7721	1 Center Closed for New Year's Day	2 9- 10 Chair Yoga (H) 10:15-11:15 Attitude of Gratitude (H) 11:30-12:30 Jam Session/Music Sharing (IP) 1-3 Member Movie Day (IP) 3-4 D.R.A. (V/HH)
5 9-10:30 Staff Meeting (Center Closed) 1-2 Journaling (IP) 2:30-3:30 Women's Group (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	6 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)	7 9am-10 Morning Walk (IP) 10:30-11:30 Anxiety & Depression (H) 12-1 Men's Group (H) 1:15-2:15 Craft & Create (IP) 2:30- 3:30 Social Skills ages 18-35 (H)	8 11:30-12:30 Self-Compassion (H) 12:30-1:30 LH Group Planning (H) 2-3 Voice & Visions (H) 3-4 Grief Support (H) 4- 5pm LGBTQ+ (V/HH) 5-6 Grupo de Bienestar Emocional (V/HH)	9 9- 10 Yoga for Every Body w/ Kellee (IP) 10:15-11:15 Attitude of Gratitude (H) 11:30-12:30 Jam Session/Music Sharing (IP) 1-2:30 Member Game Day (IP) 3-4 D.R.A. (V/HH)
12 9-10:30 Staff Meeting (Center Closed) 10:45-11:45 Book Club (H) 1-2 Journaling (IP) 2:30-3:30 Women's Group (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	13 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)	14 9am-10a 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 35+ (H)	15 10-11 Express Yourself (IP) 11:30-12:30 Self-Compassion (H) 2-3 Voice & Visions (H) 3-4 Grief Support (H) 4- 5pm LGBTQ+ (V/HH) 5-6 Grupo de Bienestar Emocional (V/HH)	16 Unity Event: Elfin Forest Walk RSVP by 1/9 for a ride Departure at 10:45 am Event Hours 11:30 am-1:00 pm
19 Center Closed for Staff Development 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	20 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)	21 9am-10 Morning Walk (IP) 10:30-11:30 Anxiety & Depression (H) 12-1 Men's Group (H) 1:15-2:15 Craft & Create (IP) 2:30- 3:30 Social Skills ages 18-35 (H)	22 11:30-12:30 Self-Compassion (H) 2-3 Voice & Visions (H) 3-4 Grief Support (H) 4- 5pm LGBTQ+ (V/HH) 5-6 Grupo de Bienestar Emocional (V/HH)	23 9- 10 Yoga for Every Body w/ Kellee (IP) 10:15-11:15 Attitude of Gratitude (H) 11:30-12:30 Jam Session/Music Sharing (IP) 1-3 Member Movie Day (IP) 3-4 D.R.A. (V/HH)
26 9-10:30 Staff Meeting (Center Closed) 10:45-11:45 Book Club (H) 1-2 Journaling (IP) 2:30-3:30 Women's Group (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	27 Center Closed for Staff Development 2-3 Dual Recovery Anon. (V) 3-4:30 PAAT Meeting @ TMHA (H)	28 9am-10 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 35+ (H)	29 10-11am Express Yourself (IP) 11:30-12:30 Self-Compassion (H) 2-3 Voice & Visions (H) 3-4 Grief Support (H) 4- 5pm LGBTQ+ (V/HH) 5-6 Grupo de Bienestar Emocional (V/HH)	30 9- 10 Chair Yoga (H) 10:15-11:15 Attitude of Gratitude (H) 11:30-12:30 Jam Session/Music Sharing (IP) 1-3:00 Member Game Day (IP) 3-4 D.R.A. (V/HH)