



(805) 305-7721 cell or amerced@t-mha.org

Life House July 2025

Atascadero Wellness Center
5850 West Mall St.



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	1 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)	2 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 18-35 (H)	3 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/HH)	4 <u>Center Closed for</u> <u>4th of July</u>
7 9-10:30 Staff Meeting (center closed) 12- 1 Journaling (IP) 1:30—2:30 Women's Group (IP) 2:45-3:45 Book Club (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	8 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)	9 9am—10am Morning Walk (OIP) 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)	10 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/HH)	11 9- 10 Yoga for Every Body w/ Kellee (IP) 10:15-11:15 Attitude of Gratitude(H) 11:45-12:45 Jam Session (IP) 1:30-2:30 Friday Fun day: Board Games (IP) 3-4 D.R.A. (V/HH)
14 9-10:30 Staff Meeting (center closed) 12- 1 Journaling (OIP) 2:45-3:45 Book Club (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	15 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)	16 9am—10am Morning Walk (OIP) 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 18-35 (H)	17 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/HH)	18 TMHA Summer BBQ (IP) RSVP Departure at 11:30 Event Hours: 12pm -2pm
21 9-10:30 Staff Meeting (center closed) 12- 1 Journaling (OIP) 1:30—2:30 Women's Group (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	22 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)	23 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 35+ (H)	24 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/HH)	25 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)
28 9-10:30 Staff Meeting (center closed) 12- 1 Journaling (IP) 2:45-3:45 Book Club (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	29 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)	30 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)	31 <u>Center Closed for</u> <u>Staff Development</u>	Hope House (HH) 805-801-3536 Safe Haven (SH) 805-305-3724