

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For zoom info and membership details call (805) 305-7721</p>	<p>Group Key: Virtual Groups (V) Outside in Person (OIP) In Person (IP) Hybrid (Virtual & In-person) (H)</p>	<p>1 9-10 Morning Walk (OIP) 10:30-11:30 Anxiety & Depression (H) 1:15-2:15 Craft & Create (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Harmony Hub (H)</p>	<p>2 9-10 Women's Group (H) 10-11 LH Calendar Planning (H) 11:30-12:30 Self-Compassion (H) 2-3 Voices & Visions (H) 3-4 Grief Support (H) 4-5 LGBTQ+ (V/HH)</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 CLOSED FOR STAFF DEVELOPMENT 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>7 10-11 Morning Social (H) 11:30-12:30 Men's Group (H) 1-2 Meditation (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH) 3:15-4:15 Healthy Habits (H)</p>	<p>8 9-10 Morning Walk (OIP) 10:30-11:30 Anxiety & Depression (H) 12-1 Reiki w/ Art (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Harmony Hub (H)</p>	<p>9 9-10 Women's Group (H) 11:30-12:30 Self-Compassion (H) 2-3 Voices & Visions (H) 3-4 Grief Support (H) 4-5 LGBTQ+ (V/HH)</p>	<p>10 9-10 Community Garden (OIP) 10:15-11:15 Attitude of Gratitude (H) 11:45-12:45 Music Sharing (H) 1-2:30 July Member Celebrations (IP) 3-4 D.R.A (V/HH)</p>
<p>13 Center Closed 9am - 12:00pm 12:15-1:15 Book Club (V) 1:30-2:30 Pathways Forward (V) 3-4 Build Your Skills (V/SH) 4-5 Bienestar Emocional (V/HH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>14 10-11 Morning Social (H) 11:30-12:30 Men's Group (H) 1-2 Meditation (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH) 3:15-4:15 Healthy Habits (H)</p>	<p>15 9-10 Morning Walk (OIP) 10:30-11:30 Anxiety & Depression (H) 12-1 SoundBath w/ Clayton (IP) 1:15-2:15 Craft & Create (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Harmony Hub (V)</p>	<p>16 9-10 Women's Group (V) 10-11 LH Calendar Planning (H) 11:30-12:30 Self-Compassion (H) 2-3 Voices & Visions (H) 3-4 Grief Support (V) 4-5 LGBTQ+ (V/HH)</p>	<p>17 TMHA Summer Barbecue Event Hours 12-2 Depart: 11:45 3-4 D.R.A (V/HH)</p>
<p>20 Center Closed 9am - 12:00pm 12:15-1:15 Book Club (V) 1:30-2:30 Pathways Forward (V) 3-4 Build Your Skills (V/SH) 4-5 Bienestar Emocional (V/HH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>21 10-11 Morning Social (H) 11:30-12:30 Men's Group (H) 1-2 Meditation (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH) 3:15-4:15 Healthy Habits (H)</p>	<p>22 9-10 Morning Walk (OIP) 10:30-11:30 Anxiety & Depression (H) Bob Jones Trail Unity Walk Event Hours: 12:30-2:30 Depart: 12:00 2:30-3:30 Harmony Hub (V)</p>	<p>23 9-10 Women's Group (H) 10-11:15 Community Cooking (IP) 11:30-12:30 Self-Compassion (H) 2-3 Voices & Visions (H) 3-4 Grief Support (H) 4-5 LGBTQ+ (V/HH)</p>	<p>24 9-10 Yoga for Every Body w/ Kellee (IP) 10:15-11:15 Attitude of Gratitude (H) 11:45-12:45 Music Sharing (H) Historic City Hall Tour Event Hours: 1:00-3:00</p>
<p>27 Center Closed 9am - 12:00pm 12:15-1:15 Book Club (H) 1:30-2:30 Pathways Forward (H) 3-4 Build Your Skills (V/SH) 3-4 Center Beautifying (IP) 4-5 Bienestar Emocional (V/HH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>28 10-11 Morning Social (H) 11:30-12:30 Men's Group (H/SH) 1-2 Meditation (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH) 3:15-4:15 Healthy Habits (H)</p>	<p>29 CLOSED FOR STAFF DEVELOPMENT</p>	<p>30 9-10 Women's Group (H) 11:30-12:30 Self-Compassion (H) 2-3 Voices & Visions (H) 3-4 Grief Support (H) 4-5 LGBTQ+ (V/HH)</p>	<p>31 10:15-11:15 Attitude of Gratitude (H) 11:45-12:45 Music Sharing (H) Olivia Farewell Party Event Hours: 1:00-2:30 3-4 D.R.A (V/HH)</p>