

Monday	Tuesday	Wednesday	Thursday	Friday
2 9-10:30 Staff Meeting (center closed) 12:15- 1:15 Journaling (IP) 2:00-3:00 Book Club (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	3 9-11 Peer to Peer (IP) 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)	4 10:30-11:30 Anxiety & Depression (H) 12-1 Men's Group @ Coffee (IP) 2:30- 4 Job Seekers Workshop (IP @ Main Office) 2:30- 3:30 Social Skills Ages 18-35 (V)	5 Center Closed for Staff Development 11:30-12:30 Self- Compassion (V) 2-3 Voice & Visions (V) 4- 5pm LGBTQ+ (V/HH) 5-6 Grupo de Bienestar Emocional (V)	6 Center Closed for Staff Development 10:15-11:15 Attitude of Gratitude (V) 11:30-12:30 Music Sharing (V) 3-4 D.R.A. (V/HH)
9 9-10:30 Staff Meeting (center closed) 11- 12 Morning Walk (IP) 12:15- 1:15 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)	10 9-11 Peer to Peer (IP) 10-11 Morning Social (H) 11-12 Meditation (OIP) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH) 3-4:30 PAAT Meeting @ TMHA (H) 3:15- 4:15 Center Beautifying (IP)	11 10:30-11:30 Anxiety & Depression (H) 12-1 Reiki w/ Art Kuhns (H) 1:15-2:15 Craft & Create (IP) 2:30- 3:30 Social Skills Ages 35+ (H) 2:30- 4 Job Seekers' Workshop RSVP Departure at 2pm 2:30- 3:30 Social Skills Ages 35 + (V)	12 10 -11 Breakfast w/ Friends RSVP (IP) 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)	13 9- 10 Yoga for Every Body w/ Kellee (IP) 10:15-11:15 Attitude of Gratitude (H) 11:30-12:30 Jam Session (IP) 1-2:30 Friday Fun day: Board Games (IP) 3-4 D.R.A. (V/HH)
16 9-10:30 Staff Meeting (center closed) 11- 12 Morning Walk @ Atascadero Lake Park RSVP (IP) 12:15- 1:15 Journaling (IP) 2:00-3:00 Book Club (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	17 9-11 Peer to Peer (IP) 10-11 Morning Social (H) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (V) 2-3 Voice & Visions (V/HH) 3:15- 4:15 Center Beautifying (IP)	18 10:30-11:30 Anxiety & Depression (H) 12-1 Men's Group (H) 2:30- 3:30 Social Skills Ages 35+ (H) 2:30- 4 Job Seekers' Workshop RSVP Departure at 2pm 2:30- 3:30 Social Skills Ages 18-35 (V)	19 10 -11 Express Yourself (H) 11:30-12:30 Self- Compassion (H) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (V) 4- 5pm LGBTQ+ (V/HH) 5-6 Grupo de Bienestar Emocional (V)	20 9- 10 Chair Yoga (H) Beach Outing (IP) RSVP Departure at 11 Event Hours: 12:00—1:30 3-4 D.R.A. (V/HH)
23 9-10:30 Staff Meeting (center closed) 11- 12 Morning Walk (IP) 12:15- 1:15 Journaling (IP) 1:30 -2:30 Women's Group @ Coffee (IP) 2:45-3:45 Book Club (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	24 9-11 Peer to Peer (IP) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH) 3-4:30 PAAT Meeting @ TMHA (H) 3:15- 4:15 Center Beautifying (IP)	25 10:30-11:30 Anxiety & Depression (H) 1:15-2:15 Craft & Create (IP) 2:30- 3:30 Social Skills Ages 35+ (H) 2:30- 4 Job Seekers' Workshop RSVP Departure at 2pm	26 10- 11 Coffee w/friends (IP) 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) 5-6 Grupo de Bienestar Emocional (V)	27 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) 1:30-3:30 Taste of Diversity (IP) 3-4 D.R.A. (V/HH)
30 9-10:30 Staff Meeting (center closed) 11- 12 Morning Walk (IP) 12:15- 1:15 Journaling (IP) 2:45-3:45 Book Club (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	Group Key V: Virtual Group only IP: In Person only H: Hybrid, both Virtual and In Person OIP: Outdoor in person	California Peer-Run Warm Line Mental Health Support 24/7 1 (855) 600-9276	Hope House (HH) 805-541-6813 Safe Haven (SH) 805-489-9659	 HAPPY PRIDE MONTH