

Monday	Tuesday	Wednesday	Thursday	Friday
1 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) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	2 10-11 Morning Social (H) 11:30-12:30 Men's Group (V/HH) 1-2 Meditation (H) 2-3 Dual Recovery Anon.(H) 2-3 Voice & Visions (V/HH) 3:15-4:15 Healthy Habits (H)	3 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) 5-6 Bienestar Emocional (V/HH)	4 9-10 Women's Group (H) 10-11 LH Calendar Planning (H) 11:30-12:30 Self-Compassion (H) ----- Outing - Robinhood Play 1:15PM - 3:30PM at SLO Growing Grounds	5 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)
8 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) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	9 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 (H) 3:15-4:15 Healthy Habits (H)	10 9-10 Morning Walk (OIP) 10:30-11:30 Anxiety & Depression (H) 12-1 Reiki w/ Clayton (H) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Harmony Hub (H) 5-6 Bienestar Emocional (V/HH)	11 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)	12 9-10 Chair Yoga (H) 10:15-11:15 Attitude of Gratitude (H) 11:45-12:45 Music Sharing (H) 1-2:30 Member Game Day (IP) 3-4 D.R.A (V/HH)
15 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) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	16 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 (H) 3:15-4:15 Healthy Habits (H)	17 9-10 Morning Walk (OIP) 10:30-11:30 Anxiety & Depression (H) 12-1 SoundBath w/ Clayton (H) 1:15-2:15 Craft & Create (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Renter's Resources (H) 5-6 Bienestar Emocional (V/HH)	18 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)	19 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)
22 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) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	23 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 (H) 3:15-4:15 Healthy Habits (H)	24 CLOSED FOR STAFF DEVELOPMENT 10:30-11:30 Anxiety & Depression (V) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Renter's Resources (H) 5-6 Bienestar Emocional (V/HH)	25 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)	26 9-10 Chair Yoga (H) 10:15-11:15 Attitude of Gratitude (H) ----- Unity Event: Baking @ Hope House Event Hours: 12-2
29 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) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	30 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 (H) 3:15-4:15 Healthy Habits (H)	Hope House (HH) (805) 541-6813 - Safe Haven (SH) (805) 305-3724	Group Key: Virtual Groups (V) Outside in Person (OIP) In Person (IP) Hybrid (Virtual & In-person) (H)	For zoom info and membership details call (805) 305-7721