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# Life House March 2026

Atascadero Wellness Center  
5850 West Mall St.



| Monday                                                                                                                                                                                                                                                            | Tuesday                                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>2</p> <p>9-10:30 Staff Meeting (Center Closed)</p> <p>12:45-1:45 Journaling (IP)</p> <p>2-3 Women's Group (H)</p> <p>3:15- 4:15 Center Beautifying (IP)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>                                   | <p>3</p> <p>10-11 Morning Social (H)</p> <p>11-12 Meditation (H)</p> <p>12:45-1:45 Music Sharing (H)</p> <p>2-3 Dual Recovery Anon. (H)</p> <p>2-3 Voices &amp; Visions (V/HH)</p> <p>3:15- 4:15 Healthy Habits (H)</p>              | <p>4</p> <p>9-10 Morning Walk (IP)</p> <p>10:30-11:30 Anxiety &amp; Depression (H)</p> <p>12-1 Men's Group (H)</p> <p>1:15-2:15 Craft &amp; Create (IP)</p> <p>2:30- 3:30 Harmony Hub (H)</p>                | <p>5</p> <p>11:30-12:30 Self-Compassion (H)</p> <p>12:45-1:45 Pathways to Positivity (H)</p> <p>2-3 Voice &amp; Visions (H)</p> <p>3-4 Grief Support (V)</p> <p>4- 5pm LGBTQ+ (V/HH)</p> <p>5-6 Grupo de Bienestar Emocional (V/HH)</p>  | <p>6</p> <p>9- 10 Yoga for Every Body w/ Kellee (IP)</p> <p>10:15-11:15 Attitude of Gratitude (H)</p> <p>—</p> <p>Jam Session at Hope House (IP)</p> <p>Departure at 11:30</p> <p>Event Hours 12:00-2:00</p>       |
| <p>9</p> <p>9-10:30 Staff Meeting (Center Closed)</p> <p>10:45-11:45 Book Club (H)</p> <p>12:45-1:45 Journaling (IP)</p> <p>2-3 Women's Group (H)</p> <p>3:15- 4:15 Center Beautifying (IP)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>  | <p>10</p> <p>10-11 Morning Social (H)</p> <p>11-12 Meditation (H)</p> <p>12:45-1:45 Music Sharing (H)</p> <p>2-3 Dual Recovery Anon. (H)</p> <p>3:15- 4:15 Healthy Habits (H)</p> <p>3-4:30 PAAT Meeting @ TMHA (H)</p>              | <p>11</p> <p>9-10 Morning Walk (IP)</p> <p>10:30-11:30 Anxiety &amp; Depression (H)</p> <p>12-1 Reiki w/ Art Kuhns (H)</p> <p>1:15-2:15 LH Group Planning (H)</p> <p>2:30- 3:30 Harmony Hub (H)</p>          | <p>12</p> <p>10-11 Express Yourself (IP)</p> <p>11:30-12:30 Self-Compassion (H)</p> <p>12:45-1:45 Pathways to Positivity (H)</p> <p>2-3 Voice &amp; Visions (H)</p> <p>3-4 Grief Support (V)</p> <p>4- 5pm LGBTQ+ (V/HH)</p>             | <p>13</p> <p>9-10 Chair Yoga (V)</p> <p>10:15-11:15 Attitude of Gratitude (H)</p> <p>11:30-12:30 Jam Session/Music Sharing (IP)</p> <p>1-2:30 Member Game Day (IP)</p> <p>3-4 D.R.A. (V/HH)</p>                    |
| <p>16</p> <p>9-10:30 Staff Meeting (Center Closed)</p> <p>10:45-11:45 Book Club (H)</p> <p>12:45-1:45 Journaling (IP)</p> <p>2-3 Women's Group (H)</p> <p>3:15- 4:15 Center Beautifying (IP)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p> | <p>17</p> <p>10-11 Celebratory Morning Social (H)</p> <p>11-12 Meditation (H)</p> <p>12:45-1:45 Music Sharing (H)</p> <p>2-3 Dual Recovery Anon. (H)</p> <p>2-3 Voices &amp; Visions (V/HH)</p> <p>3:15- 4:15 Healthy Habits (H)</p> | <p>18</p> <p>9-10 Morning Walk (OIP)</p> <p>10:30-11:30 Anxiety &amp; Depression (H)</p> <p>12-1 Men's Group (H)</p> <p>1:15-2:15 Craft &amp; Create (IP)</p> <p>2:30- 3:30 Listen In (V)</p>                | <p>19</p> <p>11:30-12:30 Self-Compassion (H)</p> <p>12:45-1:45 Pathways to Positivity (H)</p> <p>2-3 Voice &amp; Visions (H)</p> <p>3-4 Grief Support (V)</p> <p>4- 5pm LGBTQ+ (V/HH)</p> <p>5-6 Grupo de Bienestar Emocional (V/HH)</p> | <p>20</p> <p>9- 10 Yoga for Every Body w/ Kellee (IP)</p> <p>10:15-11:15 Attitude of Gratitude (H)</p> <p>11:30-12:30 Jam Session/Music Sharing (IP)</p> <p>1-3 Member Movie Day (IP)</p> <p>3-4 D.R.A. (V/HH)</p> |
| <p>23</p> <p>9-10:30 Staff Meeting (Center Closed)</p> <p>10:45-11:45 Book Club (H)</p> <p>12:45-1:45 Journaling (IP)</p> <p>2-3 Women's Group (H)</p> <p>3:15- 4:15 Center Beautifying (IP)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p> | <p>24</p> <p><b>Center Closed for Staff Development</b></p> <p>2-3 Dual Recovery Anon. (H)</p> <p>3-4:30 PAAT Meeting @ TMHA (H)</p>                                                                                                 | <p>25</p> <p>9-10 Morning Walk (IP)</p> <p>10:30-11:30 Anxiety &amp; Depression (H)</p> <p>12-1 Sound Bath w/ Clayton (H)</p> <p>1:30-2:30 Living Well w/ Bipolar (V/HH)</p> <p>2:30- 3:30 Listen In (H)</p> | <p>26</p> <p>9:30-11:00 Brunch with Friends (IP)</p> <p>11:30-12:30 Self-Compassion (H)</p> <p>12:45-1:45 Pathways to Positivity (H)</p> <p>2-3 Voice &amp; Visions (H)</p> <p>3-4 Grief Support (H)</p> <p>4- 5pm LGBTQ+ (V/HH)</p>     | <p>27</p> <p><b>Morro Rock Outing</b></p> <p>RSVP for a ride by 3/23</p> <p>Departure at 10:35am</p> <p>Event Hours 11:00am-2:00pm</p>                                                                             |
| <p>30</p> <p>9-10:30 Staff Meeting (Center Closed)</p> <p>10:45-11:45 Book Club (H)</p> <p>12:45-1:45 Journaling (IP)</p> <p>2-3 Women's Group (H)</p> <p>3:15- 4:15 Center Beautifying (IP)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p> | <p>31</p> <p>10-11 Morning Social (H)</p> <p>11-12 Meditation (H)</p> <p>12:45-1:45 Music Sharing (H)</p> <p>2-3 Dual Recovery Anon. (H)</p> <p>2-3 Voices &amp; Visions (V/HH)</p> <p>3:15- 4:15 Healthy Habits (H)</p>             | <p><u>Group Key</u></p> <p>V: Virtual Group only</p> <p>IP: In Person only</p> <p>H: Hybrid, both Virtual and In Person</p> <p>OIP: Outdoor in person</p> <p>HH: Hope House</p> <p>SH: Safe Haven</p>        | <p>Hope House (HH)</p> <p>805-801-3536</p> <p>—</p> <p>Safe Haven (SH)</p> <p>805-305-3724</p>                                                                                                                                           | <p>For zoom info and membership details call (805) 305-7721</p>                                                                                                                                                    |