

Life House November 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00-2:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule 6:30-8:00pm NAMI Family Support	3 9:00-10:00** Walking Group 10:00-11:00 **The Morning Buzz 12:00-1:00 **Women's Group 2:00-3:00 **Duel Recovery	4 9:00-10:00** Walking Group 10:00-11:00**Social Hour 12:00-1:00**Beginning Yoga 2:30-3:30 Grief Support	5 9:00-10:00** Walking Group Closed 1030-130pm Staff Training 2:00-3:00 Managing Anxiety	6 9:00-10:00** Walking Group 10:00-11:00**Social Hour Peer to Peer 10:00-12:00 RSVP ONLY 8 week series. 1:30-2:30 'Lift Now' Support
9 10:00-2:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule	10 9:00-10:00** Walking Group 10:00-11:00 **The Morning Buzz 12:00-1:00 **Women's Group 2:00-3:00 **Duel Recovery	11 9:00-10:00** Walking Group 10:00-11:00** Social Hour 11:00-12:00 **Reiki 2:30-3:30 Grief Support	12 9:00-10:00** Walking Group 10:30-11:30 ** LifeHacks For Wellness 12:30-1:30 PTSD Support 2:00-3:00 Managing Anxiety	13 9:00-10:00** Walking Group 10:00-11:00**Social Hour Peer to Peer 10:00-12:00 RSVP ONLY 8 week series. 1:30-2:30 'Lift Now' Support
16 6:30-8:00pm NAMI Family Support	17 9:00-10:00** Walking Group 10:00-11:00 **The Morning Buzz 12:00-1:00 **Women's Group 2:00-3:00 **Duel Recovery	18 9:00-10:00** Walking Group 10:00-11:00** Social Hour 12:00-1:00**Beginning Yoga 2:30-3:30 Grief Support	19 9:00-10:00** Walking Group 10:30-11:30 ** Meditation 12:30-1:30 PTSD Support 2:00-3:00 Managing Anxiety	20 9:00-10:00** Walking Group 10:00-11:00**Social Hour Per to Per 10:00-12:00 RSVP ONLY 8 week series. 1:30-2:30 'Lift Now' Support
23 10:00-2:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule	24 9:00-10:00** Walking Group 10:00-11:00 **The Morning Buzz 12:00-1:00 **Women's Group 2:00-3:00 **Duel Recovery	25 9:00-10:00** Walking Group 10:00-11:00** Social Hour 11:00-12:00**Reiki 12:30-1:30**Attitude of Gratitude 2:30-3:30 Grief Support	26 Center Closed for Thanksgiving Holiday	27 Center Closed for Thanksgiving Holiday
30 10:00-2:00pm One 2 One Phone Meetings Call 805-464-0512 to Schedule	Currently, most groups offered are Virtual Only. Please call for login information or to sign up as a new member.	In Person Groups are now being offered RSVP. These groups are indicated on the calendar with two stars **. If you wish to attend an in person group, please call the center to reserve a seat.	COVID Safety Procedures Members & Employees will be required to wash/sanitize their hands and wear a mask while at the center.	SLO HOTLINE (800) 783-0607 MAKE THE CALL. ANY TIME.