



(805) 305-7721 or amerced@t-mha.org

Life House November 2025

Atascadero Wellness Center
5850 West Mall St.



Monday	Tuesday	Wednesday	Thursday	Friday
3 9-10:30 Staff Meeting (center closed) 1-2 Journaling (IP) 2:30—3:30 Women's Group (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	4 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)	5 9am—10am Morning Walk (IP) 10:30-11:30 Anxiety & Depression (H) 12-1 Men's Group (H) 1:30 -2:30 Living Well w/ Bipolar (V/HH) 2:30- 3:30 Social Skills ages 35+ (H)	6 10—11am Express Yourself (IP) 11:30-12:30 Self-Compassion (H) 2-3 Voice & Visions (H) 3-4 Grief Support (H) 4- 5pm LGBTQ+ (HH HH) 5-6 Grupo de Bienestar Emocional (V/HH)	7 9-10 am Chair Yoga (H) 10:15-11:15 Attitude of Gratitude (IP) 11:30-12:30 Jam Session/Music Sharing (IP) 1-3 Dia De Los Muertos Movie Day: Coco (IP) 3-4 D.R.A. (V/HH)
10 9-10:30 Staff Meeting (center closed) 10:45-11:45 Book Club (H) 11:45 -12:45 Brunch w/ Friends (IP) RSVP 1-2 Journaling (IP) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	11 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) 3-4:30 PAAT Meeting @ TMHA (H)	12 9am—10am Morning Walk (IP) 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 18-35 (H)	13 11:30-12:30 Self-Compassion (H) 12:30-1:30 LH Group Planning (H) 2-3 Voice & Visions (H) 3-4 Grief Support (H) 4- 5pm LGBTQ+ (HH HH) 5-6 Grupo de Bienestar Emocional (V/HH)	14 9- 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—2:30 Fun Friday: Board Games (IP) 3-4 D.R.A. (V/HH)
17 9-10:30 Staff Meeting (center closed) 10:45-11:45 Book Club (H) 1-2 Journaling (IP) 2:30—3:30 Women's Group (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	18 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)	19 9am—10am Morning Walk (IP) TMHA Thanksgiving Feast RSVP by 11/7/25 Departure at 11:45 am Event Hours 12:00pm—2pm	20 10—11am Express Yourself (IP) 11:30-12:30 Self-Compassion (H) 2-3 Voice & Visions (H) 4- 5pm LGBTQ+ (HH HH) 5-6 Grupo de Bienestar Emocional (V/HH)	21 Center Closed for Staff Development
24 9-10:30 Staff Meeting (center closed) 10:45-11:45 Book Club (H) 1-2 Journaling (IP) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	25 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) 3-4:30 PAAT Meeting @ TMHA (H)	26 9am—10am Morning Walk @ Atascadero Lake (IP) RSVP 10:30-11:30 Anxiety & Depression (H) 1:30 -2:30 Living Well w/ Bipolar (V/HH) 2:30- 3:30 Social Skills ages 18-35 (H)	27 Center Closed for Thanksgiving	28 Center Closed for Thanksgiving
For zoom info and membership details call (805) 305-7721	Group Key V: Virtual Group only IP: In Person only H: Hybrid, both Virtual and In Person OIP: Outdoor in person HH: Hope House SH: Safe Haven	Hope House (HH) 805-801-3536 Safe Haven (SH) 805-305-3724	Central Coast Hotline (800) 783-0607	