

Monday	Tuesday	Wednesday	Thursday	Friday
For zoom info and membership details call (805) 305-7721	1 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 (V/HH) 3:15-4:15 Healthy Habits (H)	2 9-10 Morning Walk (OIP) 10:30-11:30 Anxiety & Depression (H) 12-2 Outing: Beach Journaling Departs at 11:30 2:30-3:30 Harmony Hub (h)	3 11-1 Unit Event: Music Jam Session @ Hope House Departs at 10:30 2-3 Voices & Visions (H) 3-4 Grief Support (V) 4-5 LGBTQ+ (V)	4 9-10 Yoga for Every Body w/ Kellee (IP) 10:15-11:15 Attitude of Gratitude (H) 11:30- 12:30 Ambassador Check In (IP) 11:45-12:45 Music Sharing (H) 1-3 Member Movie Day (IP) 3-4 D.R.A (V/HH)
7 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) 4-5 Bienestar Emocional (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	8 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 (V/HH) 3:15-4:15 Peace w/ Food & Body (H)	9 9-10 Morning Walk (OIP) 10:30-11:30 Anxiety & Depression (H) 12-1 Reiki w/ Art (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 3:30-4:30 PAAT Meeting in Person @ Hope House - Departs 3pm	10 9-10 Women's Group (H) 10:30-11:30 Calendar Planning (H) 11:30-12:30 Self-Compassion (H) 1-2 Renter's Resources (V/HH) 1-2 Poetry (H) 2-3 Voices & Visions (H) 3-4 Grief Support (H) 4-5 LGBTQ+ (H)	11 9-10 Community Garden (OIP) 10:15-11:15 Attitude of Gratitude (H) 11:45-12:45 Music Sharing (H) 3-4 D.R.A (V/HH)
14 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) 4-5 Bienestar Emocional (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	15 Center Closed for Staff Development	16 9-10 Morning Walk (OIP) 10:30-11:30 Anxiety & Depression (H) 12-1 SoundBath w/ Clayton (IP) 1:15-2:15 Craft & Create W/ Tammie (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Harmony Hub (H) 3:30-4:30 Center Beautifying (IP)	17 9-10 Women's Group (H) 10-11:15 Community Cooking (IP) 11:30-12:30 Self-Compassion (H) 1-2 Renter's Resources (V/HH) 1-2 Music Sharing (H) 2-3 Voices & Visions (H) 3-4 Grief Support (H) 4-5 LGBTQ+ (H)	18 9-10 Yoga for Every Body w/ Kellee (IP) 10:15-11:15 Attitude of Gratitude (H) 11:45-12:45 Music Sharing (H) 1-2:30 Member Celebration (IP) 3-4 D.R.A (V/HH)
21 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)	22 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 (V/HH) 3:15-4:15 Peace w/ Food & Body (H)	23 10:30-11:30 Anxiety & Depression (H) 1:15-2:15 Craft & Create (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 3:30-4:30 PAAT Meeting in Person @ Hope House - Departs 3pm	24 9-10 Women's Group (V) 11:30-12:30 Self-Compassion (H) 1-2 Renter's Resources (V/HH) 1-2 Poetry (H) 2-3 Voices & Visions (H) 3-4 Grief Support (V)	25 9-10 Community Garden (OIP) 10:15-11:15 Attitude of Gratitude (H) 12-2 Unit Event: Ice Cream Social Departs at 11:30am
28 Center Closed for Staff Development 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	29 10-12 Unit Event: Avila Valley Barn Departs at 9:30 1-2 Meditation (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH) 3:15-4:15 Healthy Habits (H)	30 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)	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)