



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

Life House September 2025

Atascadero Wellness Center
5850 West Mall St.



Monday	Tuesday	Wednesday	Thursday	Friday
1 9-11 Staff Meeting (center closed) 1-2 Journaling (IP) 1:30—2:30 Women's Group (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	2 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 9 -10 Morning Walk (IP) 10:30-11:30 Anxiety & Depression (H) 12-1 Men's Group (H) 1:15-2:15 Craft & Create (IP) 2:30- 3:30 Social Skills ages 35 + (H)	4 10- 11 Express Yourself (H) 11:30-12:30 Self-Compassion (H) 2-3 Voice & Visions (H) 3-4 Grief Support (H) 4- 5pm LGBTQ+ (V) 5-6 Grupo de Bienestar Emocional (V)	5 10:15-11:15 Attitude of Gratitude (H) 11:30-12:30 Jam Session/Music Sharing (IP) 1:30-2:30 Funday Friday: Board Games (IP) 3-4 D.R.A (V/HH)
8 9-10:30 Staff Meeting (center closed) 10:45-11:45 Book Club (H) 11:45—12:45 Brunch with Friends (IP) RSVP 1-2 Journaling (IP) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	9 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)	10 9am—10am Morning Walk (IP) 10:30-11:30 Anxiety & Depression (H) 12-1 Reiki w/ Art Kuhns (H)	11 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+ (V) 5-6 Grupo de Bienestar Emocional (V)	12 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) 1-3 Member Movie Day (IP) 3-4 D.R.A (V/HH)
15 9-10:30 Staff Meeting (center closed) 10:45-11:45 Book Club (H) 1-2 Journaling (IP) 1:30—2:30 Women's Group (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	16 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)	17 9am—10am Morning Walk (IP) 10:30-11:30 Anxiety & Depression (H) 12-1 Men's Group (H) 1:15-2:15 Craft & Create (IP) 2:30- 3:30 Social Skills ages 35+ (H)	18 10- 11am Express Yourself (H) 11:30-12:30 Self-Compassion (H) 2-3 Voice & Visions (H) 3-4 Grief Support (H) 4- 5pm LGBTQ+ (V) 5-6 Grupo de Bienestar Emocional (V)	19 Mini Golf @ Mr. Putters (IP) RSVP Departure at 11:00 Event Hours: 11:30 -1:30 3-4 D.R.A (V/HH)
22 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)	23 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)	24 9am—10am Morning Walk @ Atascadero Lake (IP) RSVP 10:30-11:30 Anxiety & Depression (H) 2:30- 3:30 Social Skills ages 18-35 (H)	25 11:30 -12:30 Self-Compassion (H) 2-3 Voice & Visions (H) 3-4 Grief Support (H) 4- 5pm LGBTQ+ (V) 5-6 Grupo de Bienestar Emocional (V)	26 9- 10 Yoga for Every Body w/ Kellee (IP) 10:30-12:30 Fun Friday: Tie Dye (IP) RSVP 12:45-1:45 Jam Session/Music Sharing (IP) 3-4 D.R.A (V/HH)
29 9-10:30 Staff Meeting (center closed) 10:45-11:45 Book Club (H) 1-2 Journaling (IP) 1:30—2:30 Women's Group (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	30 Center Closed for Staff Development	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