



(805)464-0512 office (805) 305-7721 cell
 amerced@t-mha.org

Life House May 2025

Atascadero Wellness Center
 5850 West Mall St.



CENTRAL COAST
HOTLINE
 [800] 783-0607
 MENTAL & EMOTIONAL HEALTH SUPPORT
 24/7



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Group Key V: Virtual Group only IP: In Person only H: Hybrid, both Virtual and In Person OIP: Outdoor in person</p>	<p>California Peer-Run Warm Line Mental Health Support 24/7 1 (855) 600-9276</p>	<p>Hope House (HH) 805-541-6813 Safe Haven (SH) 805-489-9659</p>	<p>1 10-11 Coffee w/friends (IP) 11:30-12:30 Self- Compassion (H) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (H) 4- 5pm LGBTQ+ (V/HH)</p>	<p>2 9- 10 Yoga for Every Body w/ Kellee (IP) 10:15-11:15 Attitude of Gratitude – Grateful Walk (IP) 11:30-12:30 Jam Session (IP) 1-3 Member Movie Day (IP) 3-4 D.R.A. (V/HH)</p>
<p>5 9-10:30 Staff Meeting (center closed) 11- 12 Morning Walk (IP) 12:15- 1:15 Journaling (H) 1:30- 2:30 Center Beautifying (IP) 2:45-3:45 Book Club (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>6 9-10 Peer to Peer (IP) 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) 3:30- 4:30 LGBTQ+ (H)</p>	<p>7 10:30-11:30 Anxiety & Depression (H) 12-1 Men's Group (H) 1:15-2:15 Craft & Create (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30- 3:30 Social Skills 18-35 (H)</p>	<p>8 10-11 Breakfast w/ Friends (IP) 11:30-12:30 Self- Compassion (H) 12:30-1:30 LH Group Planning (H) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (H) 4:30-6 Grupo de Bienestar Emocional (V/HH)</p>	<p>9 Center Closed for Staff Development 3-4 D.R.A. (V/HH)</p>
<p>12 Center Closed for Staff Development 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>13 9-10 Peer to Peer (IP) 10-11 Morning Social (H) 11-12 Meditation (OIP) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH) 3:30- 4:30 Grupo de Bienestar Emocional (H) 3-4:30 PAAT Meeting @ TMHA (H)</p>	<p>14 10:30-11:30 Anxiety & Depression (H) 12-1 Reiki w/ Art Kuhns (H) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30- 3:30 Social Skills 35+ (V)</p>	<p>15 10-11 Express Yourself (H) 11:30-12:30 Self- Compassion (H) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (V) 4- 5pm LGBTQ+ (V/HH)</p>	<p>16 Safe Haven Open House 12pm—3pm (IP) RSVP Departure 11:20 3-4 D.R.A. (V/HH)</p>
<p>19 9-10 Staff Meeting (center closed) 10:30-11:30 Morning Walk (OIP) 12- 1 Journaling (V) 2:30-3:30 Book Club (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>20 9-10 Peer to Peer (IP) 11-12 Meditation (V) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 2-3 Voice & Visions (V/HH)</p>	<p>21 10:30-11:30 Anxiety & Depression (H) 12-1 Men's Group (H) 1:15-2:15 Craft & Create (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30- 3:30 Social Skills 18-35 (V)</p>	<p>22 10- 11 Coffee w/friends (IP) 11:30 -12:30 Self- Compassion (H) 12:30-1:30 Lunch and Learn (IP) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (H) 4:30-6 Grupo de Bienestar Emocional (V/HH)</p>	<p>23 Hope House Open House 12pm-3pm (IP) RSVP Departure @ 11:30 3-4 D.R.A. (V/HH)</p>
<p>26 9-10 Staff Meeting (center closed) 10:30-11:30 Morning Walk (IP) 12- 1 Journaling (H) 1:15- 2:15 Center Beautifying (IP) 2:30-3:30 Book Club (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>27 9-10 Peer to Peer (IP) 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) 3:30- 4:30 Grupo de Bienestar Emocional (H) 3-4:30 PAAT Meeting @ TMHA (H)</p>	<p>28 10:30-11:30 Anxiety & Depression (H) 12-1 Women's Group (H) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30- 3:30 Social Skills 35+ (H)</p>	<p>29 10- 11 Express Yourself (H) 11:30 -12:30 Self- Compassion (H) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (H)</p>	<p>30 Life House Open House 11am—3pm (IP) RSVP 3-4 D.R.A. (V/HH)</p>