

Life House Group Descriptions

Please note groups are sometimes prone to schedule adjustments, cancelations, or modifications. Please refer to the current month calendar for recent information, or contact the center at 805-305-7721 for further questions.

Mondays:

12:00pm – 1:00pm Journaling (In person)

Journaling can be used as a coping tool to process a variety of emotions and experiences, as well as a tool to relax and connect with one's self. Join life house members and staff for an opportunity to explore new journaling prompts, expand upon thoughts and ideas, and share our experiences with members of our wellness center community.

1:30pm-2:30pm Women's Group- (Hybrid)

Join us for an hour of connection and guidance. Let's share best practices as we navigate life in hope of living better lives.

2:45pm-3:45pm Book Club (Hybrid)

*Join members and staff to read *Rising Strong* by Brene Brown and discuss resilience, setbacks, and struggles through living a vulnerable life. No pre-reading required! Chapters will be read aloud in sessions, online materials will be provided to follow along, and discussion will ensue after! Please see this link below for more information about the book and other writings by Brene Brown*

3:00-4:00pm: Build Your Skills (Virtual)

Join us for the Build Your Skills Group: a virtual group focused on building coping skills through the use of Dialectical Behavioral Therapy techniques brought to you by our wonderful friends at Cal Poly!

5:30pm-6:30pm Support for Suicide Attempt Survivors- Chi (Virtual)

Please join us in our weekly support group to feel connected and heard by others with similar experiences. This support group offers a safe, nonjudgmental place to share your story as you learn new coping skills and create hope for the future.

Contact Chi Lao for Zoom information at: clao@t-mha.org

Tuesdays:

10:00am-11:00am Morning Social (Hybrid)

Grab some tea or a cup of coffee and enjoy sharing your morning with the company of others.
Join Zoom Meeting

11:00am-12:00pm Meditation- Chas (Hybrid)

Meditation can be defined as a set of techniques that are intended to encourage a heightened state of awareness and focused attention.

12:45pm-1:45pm Music Sharing- Olivia (Hybrid)

Music helps to elevate mood, reduce stress, boosts productivity and creativity. It also have the power to make people move! Come hang out with us!

2:00pm-3:00pm Dual Recovery Anonymous – Life House Ambassador Facilitated (Hybrid)

This group is based on the wisdom of the 12-step program and is designed to support those with the dual experiences of addiction and a mental health diagnosis. This meeting offers solutions to be able to live life with recovery in mind and connection with others who share their experience, strength, and hope.

2:00-3:00 pm Voices & Visions – Chas from Life House WC – Virtual

A group of compassion and understanding for those experiencing voices and visions. We kindly ask that only people who experience voices and visions attend this group.

3:15pm-4:15pm Center Beautifying (In Person)

Join center members and staff as we work to keep Life House a beautiful, clean, cozy, and welcoming space!

Wednesdays:

9:00am-10:00pm Morning Walk – Arlen (In-person) *Walking is the most popular form of exercise in the U.S and has a wide range of health benefits included reducing blood pressure and risk of depression. Let's get our walk on!*

10:30am-11:30am Anxiety and Depression- Chas (Hybrid)

This is a safe space to share best practices and experiences together to help navigate and overcome anxiety and Depression.

12:00pm-1:00pm Men's Group-Chas (Hybrid)

Join us for an hour of connection and guidance. Let's share best practices as we navigate life in hope of living better lives.

12:00pm-1:00pm Reiki- Art (Hybrid) – 2nd Wednesday each month

Enjoy a guided meditation that will allow your body's energy to lead itself to balance and healing.

1:15pm – 2:15pm Craft & Create- (In-person)

Come join is for an hour of creativity and self-expression! Painting can have many mental health benefits such as stress relief, emotional release, improve cognitive function, improve memory, and much more! Enjoy this time to let your creativity shine! Or, if you're not sure where to start, choose to make a project based on the weekly prompt! First come first serve!

2:30pm-3:30pm Social Skills Ages 18- 35 or 35+ (Hybrid)

This Life House group is a space to share struggles, learn strategies and skills, and build confidence in social interactions for anyone ages 18 – 35. This group alternates between age groups each week. Please refer to our calendar for the current week's age group.

Thursdays:

11:30am – 12:30 PM Self-Compassion (Hybrid)

Get together with members and staff to learn tools and concepts to increase self-compassion, challenge negative self- thoughts, and increase kindness towards yourself.

12:30 – 1:30 LH Group Planning (Hybrid)

Get together with members and staff to brainstorm and discuss goals, wants, and needs for the next calendar.

12:30 – 1:30 Lunch and Learn (In Person)

Come fill your brain and your belly in this session where we learn about a variety of topics and resources while getting a bite to eat! Based on member vote, for this session we will be presenting information about __ community resource.

2:00pm-3:00pm Voice & Visions (Hybrid)

Get together with members and staff and process some of the experiences we have had with hearing voices and/or having visions. This applies for many different diagnoses where we have dealt with such symptoms.

3:00pm-4:00pm SLO Hospice: Grief Support- Hospice (Hybrid)

Grief Support groups are offered to allow the bereaved to find comfort and support by connecting with others in similar circumstances. Support Groups provide emotional support and education about the grief process.

4:00pm – 5:00pm LGBTQ+ (Hybrid/ Life House + Hope House)

This is a safe space to share struggles, worries, experiences and triumphs for members of the LGBTQ+ community.

5:00pm-6:00pm Grupo de Bienestar Emocional-Maria Velazquez (Virtual/Hope House)

Ven a compartir, aprender y reflexionar sobre tus emociones; Este grupo de apoyo esta abierto a cualquier persona que busque crear una comunidad y mejorar su bienestar emocional. Para mas informacion comuniquese con Maria G. Velazquez 805-439-7626

Fridays:

9:00am-10:00am Yoga for Every Body

Yoga is a form of physical activity that can help with symptoms of anxiety and depression, as well as improve balance, strength, and mobility. Join us for an interactive session practicing yoga techniques together!

10:15am-11:15am Attitude of Gratitude (Hybrid)

Get together with members and staff to discuss the things we are grateful for, struggles we face in being graceful, tools to boost a gratuitous mindset.

11:30am-12:30pm Jam Session (In – Person)

Join us for an hour of connection, music making, and fun memories.

1:30pm -2:30pm Friday Fun Day: Board Games (In Person)

Roll your dice and shuffle your cards! Join members and staff for some fun playing board games and eating snacks!

1:00pm -3:00pm Movie Day: Popcorn and PJ's. Member choice movie (In-person)

Ah, a delightful movie day! There's something magical about settling in with your cozy pjs, a bowl of popcorn and escaping into a captivating film.