

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 HH: Hope House SH: Safe Haven</p>	<p>1 10-11 Morning Social (IP) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 3-4 Theatre of the Mind (H)</p>	<p>2 9:30-10:30 Raqs Sharqi Dance (H) 10:45-11:45 Anxiety & Depression (H) 12-1 Men's Group (H) 12-2 Peer to Peer Class (IP/SH) Job Seekers Workshop @ TMHA (RSVP) Depart 2 pm Event Hrs 2:30—4pm</p>	<p>3 Center Closed for Staff Development 3-4 SLO Hospice Grief Support (H)</p>	<p>4 10-11 Attitude of Gratitude (H) 11:30-12:30 Jam Session & Music Sharing (H) 1pm-3pm Movie Day: Popcorn & Pj's Member Choice Movie (IP) 3-4 Dual Recovery Anon. (V/HH)</p>
<p>7 9-10 Morning Walk (IP) 10-11 Anger Management (V) 10:30-11:30 Barks & Remarks w/ Ranger (IP) 11:30-12:30 Yoga For Every Body (H) 2:30-3:30 Sound Bath (V/SH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>8 10-11 Morning Social (IP) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 3-4 Just Dance (IP) 3-4:30 PAAT Meeting @ TMHA (H)</p>	<p>9 9:30-10:30 Raqs Sharqi Dance (H) 10:45-11:45 Anxiety & Depression (H) 12-1 Reiki w/Art Kuhns (H) 12-2 Peer to Peer Class (IP/SH) Job Seekers Workshop @ TMHA (RSVP) Depart 2 pm Event Hrs 2:30—4pm</p>	<p>10 10-11 Coffee w/friends (IP) 12:30-1:30 Calendar 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>11 10-11 Attitude of Gratitude (IP) 11:30-12:30 Jam Session & Music Sharing (H) 1pm-2:30pm FUNday Friday: Board games & Snacks (IP) 3-4 Dual Recovery Anon. (V/HH)</p>
<p>14 9:30-10:30 Nature Walk: Atascadero Lake Park (OIP) RSVP Depart 9 am 10-11 Anger Management (V) 11:30-12:30 Yoga For Every Body (H) 2:30-3:30 Sound Bath (V/SH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>15 10-11 Morning Social (IP) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 3-4 Theatre of the Mind (H)</p>	<p>16 9:30-10:30 Raqs Sharqi Dance (H) 10:45-11:45 Anxiety & Depression (H) 12-1 Men's Group @ Malibu Brew (IP) 12-2 Peer to Peer Class (IP/SH) Job Seekers Workshop @ TMHA (RSVP) Depart 2 pm Event Hrs 2:30—4pm</p>	<p>17 10-11 Craft & Create : Halloween cookies (IP) 12:45-1:30 LGBTQ+ Group (H) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (H)</p>	<p>18 WC Unity Event Avila Fruit Barn (IP) (RSVP For Ride) Depart 11:30am Event Hrs: 12:00pm-2:00pm 3-4 Dual Recovery Anon. (V/HH)</p>
<p>21 9-10 Morning Walk (IP) 10-11 Anger Management (V) 11:30-12:30 Yoga For Every Body (H) 2:30-3:30 Sound Bath (V/SH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>22 10-11 Morning Social (IP) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 3-4 Just Dance (IP) 3-4:30 PAAT Meeting @ TMHA (H)</p>	<p>23 9:30-10:30 Raqs Sharqi Dance (H) 10:45-11:45 Anxiety & Depression (H) 2-1 Reiki w/Art Kuhns (H) 12-2 Peer to Peer Class (IP/SH) 1:30-2:30 Living Well w/ Bipolar (V/HH)</p>	<p>24 10-11 Coffee w/friends (IP) 12:45-1:30 LGBTQ+ Group (H) 2-3 Voice & Visions (H) 3-4 SLO Hospice Grief Support (H) 4:30-6 Grupo de Bienestar Emocional (V/HH)</p>	<p>25 10-11 Attitude of Gratitude Grateful Walk (IP) 11:30-12:30 Jam Session & Music Sharing (H) 1-2 Member Celebrations (IP) 3-4 Dual Recovery Anon. (V/HH)</p>
<p>28 9-10 Morning Walk (IP) 10-11 Anger Management (V) 1:30-2:30 Yoga For Every Body (H) 2:30-3:30 Sound Bath (V/SH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>29 10-11 Morning Social (IP) 11-12 Meditation (H) 12:45-1:45 Music Sharing (H) 2-3 Dual Recovery Anon. (H) 3-4 Theatre of the Mind (H)</p>	<p>30 9:30-10:30 Raqs Sharqi Dance (H) 10:45-11:45 Anxiety & Depression (H) 12-1 Men's Group (H) 12-2 Peer to Peer Class (IP/SH) 1:30-2:30 Living Well w/ Bipolar (V/HH)</p>	<p>31 Halloween Party (IP) (RSVP for ride) Depart: 12:00 pm Event Hrs: 12:30—2:30 pm 3-4 SLO Hospice Grief Support (H)</p>	<p>Hope House (HH) 805-541-6813 Safe Haven (SH) 805-489-9659</p>