



Hope House October 2026



(805) 801 3536

hopehouse@t-mha.org

Monday	Tuesday	Wednesday	Thursday	Friday
Call for login info or to sign up as a new member. (805) 801 3536 V—Virtual Group IP—In Person H—Virtual & In Person	Events may change. If you are feeling sick or are experiencing cold/flu symptoms, please stay home and join one of our virtual groups	“You have two hands. One for helping yourself, one for helping others” -Maya Angelou	1 9-10 Women’s Group V 9:30-10:30 Seeking Safety IP 10:30-11:30 Board Games IP 11:30-12:30 Poetry & Journal IP 1-2 Renters Resources H 2:30-4 Dr. Moreno’s Group IP 4-5 LGBTQ+ Group H	2 9:30-10:30 Coffee & Contemplation IP 10:30-12 Music Sharing H 12:00–1:00 Ambassador Check-in IP 3-4 Dual Recovery Anon. V
5 12-1 Understanding Anger IP 1-2 Victory Over OCD H 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional H 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	6 10 -1 Unity Event: Pumpkin Patch and Painting (RSVP van leaves 9:30am)IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	7 9:30-10:30 Gardening Group IP 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H 12:30-1:30 Art & Chill IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H	8 9-10 Women’s Group V 9:30-10:30 Seeking Safety IP 10:30-11:30 Board Games IP 11:30-12:30 Poetry & Journal IP 1-2 Job Seekers Workshop H 2:30-4 Dr. Moreno’s Group IP 4-5 LGBTQ+ Group H	9 CENTER CLOSED FOR STAFF DEVELOPMENT DAY 3-4 Dual Recovery Anon. V
12 12-1 Understanding Anger IP 1-2 Victory Over OCD H 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional H 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	13 9:30-10:30 Stroll for the Soul IP 10:30-11:30 Self Compassion Group IP 11:30-12:30 Men’s Group H 12:30-1:30 Gentle Yoga IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3:15-4:15 Peace with Food & Body H	14 9:30-10:30 Gardening Group IP 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H 12:30-1:30 Art & Chill IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H 3:30-4:30 PAAT Meeting IP	15 CENTER CLOSED FOR STAFF DEVELOPMENT DAY 1-2 Job Seekers Workshop H 2:30-4 Dr. Moreno’s Group IP	16 9:30-10:30 Coffee & Contemplation IP 10:30-12 Music Sharing H 1-3 Unity Event @ Hope House: Movie & Popcorn IP 3-4 Dual Recovery Anon. V
19 10:30-12:30 Outing: Coastal Creations @ Cayucos (RSVP van leaves 9:30am)IP 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional V 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	20 9:30-10:30 Stroll for the Soul IP 10:30-11:30 Self Compassion Group IP 11:30-12:30 Men’s Group H 12:30-1:30 Gentle Yoga IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H	21 9:30-10:30 Gardening Group IP 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H 12:30-1:30 Art & Chill IP 1:30-2:30 Living Well w/ Bipolar H 2:30-4:30 Emotional Wellness Circle-Movie & Popcorn H	22 9-10 Women’s Group V 9:30-10:30 Seeking Safety IP 10:30-11:30 Board Games IP 11:30-12:30 Poetry & Journal IP 1-2 Job Seekers Workshop H 2:30-4 Dr. Moreno’s Group IP 4-5 LGBTQ+ Group H	23 9:30-10:30 Coffee & Contemplation IP 10:30-12 Music Sharing H 12:-2pm Community Cooking & Baking IP 3-4 Dual Recovery Anon. V
26 12-1 Understanding Anger IP 1-2 Victory Over OCD H 3-4 Build Your Skills V 4-5 Grupo de bienestar emocional H 5:30-6:30 Support for Suicide Attempt Survivors V 6-7 Healing Depression IP	27 9:30-10:30 Stroll for the Soul IP 10:30-11:30 Self Compassion Group IP 11:30-12:30 Men’s Group H 12:30-1:30 Gentle Yoga IP 2-3 Dual Recovery Anon. V 2-3 Voices & Visions H 3:15-4:15 Peace with Food & Body H	28 9:30-10:30 Gardening Group IP 10:30-11:30 Anxiety & Depression H 11:30-12:30 Everyday Wellness H 12:30-1:30 Art & Chill IP 1:30-2:30 Living Well w/ Bipolar H 2:30-3:30 Emotional Wellness Circle H 3:30-4:30 PAAT Meeting IP	29 9-10 Women’s Group V 9:30-10:30 Seeking Safety IP 10:30-11:30 Board Games IP 11:30-12:30 Poetry & Journal IP 1-2 Job Seekers Workshop H 2:30-4 Dr. Moreno’s Group IP 4-5 LGBTQ+ Group H	30 12-2 Halloween Party @ Life House (RSVP van leaves 11:30am) IP 3-4 Dual Recovery Anon. V