

Safe Haven July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:30-11:30 Healthy Habits (H) 1-2 Coping with Loss (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	2 10-11 Gestures of Kindness (H) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (V) (LH) 3-4 SLO Hospice Grief Support (V)(LH)	3 Safe Haven is Closed 9:30-10:30 Raqs Sharqi Dance (V) (LH) 1:30-2:30 Living Well w/ Bipolar (V)(HH)	4 Safe Haven is Closed	5 10-11 Chronic Pain & Mental Health(V) 11-12 Andreini's Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 2:30-3:30 Journaling Group (H) 3-4 Dual Recovery Anon. (V) (HH)
8 10-11 Anger Management (V) 10:30-11:30 Healthy Habits (H) 1-2 Coping with Loss (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	9 10-11 Gestures of Kindness (H) 11:30-12:30 Men's Group (H) 2-3:30 Chattin' with the Chief (H) 2-3 Dual Recovery Anon. (V) (LH) 3-4 SLO Hospice Grief Support (V) (LH) 3-4:30 PAAT Meeting @ TMHA (H)	10 9:30-10:30 Raqs Sharqi Dance (V) (LH) 9:30-10:30 Wednesday Walk (OIP) 10:30-11:30 Gentle Yoga w/Kolleen (H) 1:30-2:30 Living Well w/ Bipolar (V)(HH)	11 10-11 Book Group with Lili (IP) 11:30-12:30 Joyful Movement (H) 1-2 Music Sharing (H) 2-3 Creative Creations (IP) 4:30-6:00 Grupo de bienestar emocional (V)	12 10-11 Chronic Pain & Mental Health(V) 11-12 Andreini's Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 2:30-3:30 Journaling Group (H) 3-4 Dual Recovery Anon. (V) (HH)
15 10-11 Anger Management (V) 10:30-11:30 Healthy Habits (H) 1-2 Coping with Loss (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	16 10-11 Gestures of Kindness (H) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (V) (LH) 3-4 SLO Hospice Grief Support (V) (LH)	17 9:30-10:30 Raqs Sharqi Dance (V) (LH) 9:30-10:30 Wednesday Walk (OIP) 1:30-2:30 Living Well w/Bipolar (V) (HH) 2-3 Beauty of Encouragement (H)	18 TMHA Summer BBQ Cuesta Park, SLO RSVP for Ride Depart from Safe Haven at 11:00 am Event Hours 11:30-1:30	19 10-11 Chronic Pain & Mental Health(V) 11-12 Andreini's Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 2:30-3:30 Journaling Group (H) 3-4 Dual Recovery Anon. (V) (HH)
22 10-11 Anger Management (V) 10:30 Healthy Habits (H) 1-2 Coping with Loss (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	23 10-11 Gestures of Kindness (H) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (V) (LH) 3-4 SLO Hospice Grief Support (V)(LH) 3-4:30 PAAT Meeting @ TMHA (H)	24 9:30-10:30 Raqs Sharqi Dance (V) (LH) 10:30-11:30 Gentle Yoga w/Kolleen (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) 2-3 Beauty of Encouragement (H)	25 10-11 Book Group with Lili (IP) 11:30-12:30 Joyful Movement 1-2 Music Sharing (H) 2-3 Creative Creations (IP) 4:30-6:00 Grupo de bienestar emocional (V)	26 10-11 Chronic Pain & Mental Health (V) 11-12 Andreini's Sip & Stroll 1-2 Anxiety & Depression (H) 2:15-4 Community Cooking Connection (IP) 3-4 Dual Recovery Anon. (V) (HH) Saturday: 10-11:30 NAMI Group (IP)
29 10-11 Anger Management (V) 10:30 Healthy Habits (H) 1-2 Coping with Loss (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	30 10-11 Gestures of Kindness (H) 11:30-12:30 Men's Group (H) 1-2 Member Celebrations (H) 2-3 Dual Recovery Anon. (V) (LH) 3-4 SLO Hospice Grief Support (V)(LH)	31 9:30-10:30 Raqs Sharqi Dance (V) (LH) 9:30-10:30 Wednesday Walk (OIP) 1:30-2:30 Living Well w/Bipolar (V) (HH) 2-3 Beauty of Encouragement (H)	Group Key: Virtual Groups (V) Outside in Person (OIP) In Person (IP) Hybrid (IP & V) H	Hope House (HH) 805-541-6813 Life House (LH) 805-464-0512