

Safe Haven September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hope House (HH) HH Phone: (805) 541-6813</p> <p>Life House (LH) LH Phone: 805-464-0512</p>	<p>Virtual Groups: (V) Outside In Person: (OIP) In Person: (IP) Hybrid (IP & V): now shown as (H)/(H)</p>	<p>"Walk on, walk on With hope in your heart And you'll never walk alone"</p>	<p>"When enough people come together, then change will come and we can achieve almost anything. So instead of looking for hope— start creating it." Greta Thunberg</p>	<p>"There is no power for change greater than a community discovering what it cares about" Margaret J. Wheatley</p>	<p>1 11-1 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding and Mindfulness (IP) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V)</p>
<p>3 9:30-10:30 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) 11:00-12:00 Art Appreciation (V) 12-1 Chronic Pain and Mental Health (V)</p>	<p>4 10-11 Monday Morning Walk (OIP) 11:30-12:30 Women's Group (H) 12:30-1:30 Eating Disorder Support (H) 1:30-2:30 Skill building w/ DBT (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V) HAPPY LABOR DAY</p>	<p>5 9:30-10:30 Raqs Sharqi: Middle Eastern Dance (V) (LH) 10-11 Tuesday Morning Walk (OIP) 11-12 Men's Group (H) 11-12 Meditation (V) (LH) 3-4 Dual Recovery Anon. (V)</p>	<p>6 11-12 Compassion Circle (H) (HH) 10:30-11:30 Self care w/Kolleen (IP) 12-1 LGBT+ Lunch (IP) 1:30-2:30 Living Well w/ Bipolar (V) (HH) 2:30-3:30 SLO Hospice Grief Support (V) (LH)</p>	<p>7 10-11 Coping with Loss (V) 1-2 Music Sharing (H) 2-3:30 Creative Creations: Painting edition (IP)</p>	<p>8 11-1 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding and Mindfulness (IP) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) 3-4:30 PAAT Meeting (H) @TMHA</p>
<p>10 9:30-10:30 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) 11:00-12:00 Art Appreciation (V) 12-1 Chronic Pain and Mental Health (V)</p>	<p>11 11-1 WRAP (V) 11:30-12:30 Women's Group (H) 12:30-1:30 Eating Disorder Support (H) 1:30-2:30 Skill building w/ DBT (H)</p>	<p>12 9:30-10:30 Raqs Sharqi: Middle Eastern Dance (V) (LH) 10-11 Tuesday Morning Walk (OIP) 11-12 Men's Group (H) 11-12 Meditation (V) (LH) 3-4 Dual Recovery Anon. (V)</p>	<p>13 11-12 Compassion Circle (H) (HH) 10:30-11:30 Self care w/Kolleen (IP) 12-1 LGBT+ Lunch (IP) 1:30-2:30 Living Well w/ Bipolar (V) (HH) 3-4 Drum Circle at Hope House! RSVP for a Ride!</p>	<p>14 10-11 Coping with Loss (V) 1-2 Music Sharing (H) 2-3:30 Creative Creations: Mindful coloring edition (IP)</p>	<p>15 11-1 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding and Mindfulness (IP) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V)</p>
<p>17 9:30-10:30 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) 11:00-12:00 Art Appreciation (V) 12-1 Chronic Pain and Mental Health (V)</p>	<p>18 10-11 Monday Morning Walk (OIP) 11-1 WRAP (V) 11:30-12:30 Women's Group (H) 12:30-1:30 Eating Disorder Support (H) 1:30-2:30 Skill building w/ DBT (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>19 9:30-10:30 Raqs Sharqi: Middle Eastern Dance (V) (LH) 10-11 Tuesday Morning Walk (OIP) 11-12 Men's Group (H) 11-12 Meditation (V) (LH) 3-4 Dual Recovery Anon. (V)</p>	<p>20 10-12 Peer-to-Peer (V) 12:30-1:30 Self care w/ Kolleen (IP) 12-1 LGBT+ Lunch (IP) 1-2 Member Celebrations (IP) 1:30-2:30 Living Well w/ Bipolar (V) (HH) 2:30-3:30 SLO Hospice Grief Support (V) (LH)</p>	<p>21 1-2 Music Sharing (H) 2-3:30 Creative Creations: Painting edition (IP)</p>	<p>22 Beach Day! Unity event @ Avila Beach 10:15am-2:15pm RSVP for a Ride! 3-4 Dual Recovery Anon. (V) 3-4:30 PAAT Meeting (H) @TMHA</p>
<p>24 9:30-10:30 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) 11:00-12:00 Art Appreciation (V) 12-1 Chronic Pain and Mental Health (V)</p>	<p>25 10-11 Monday Morning Walk (OIP) 11-1 WRAP (V) 11:30-12:30 Women's Group (H) 12:30-1:30 Eating Disorder Support (H) 1:30-2:30 Skill building w/ DBT (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>26 9:30-10:30 Raqs Sharqi: Middle Eastern Dance (V) (LH) 10-11 Tuesday Morning Walk (OIP) 11-12 Men's Group (H) 11-12 Meditation (V) (LH) 3-4 Dual Recovery Anon. (V)</p>	<p>27 10-12 Peer-to-Peer (V) 11-12 Compassion Circle (H) (HH) 12-1 LGBT+ Lunch (IP) 2:30-3:30 SLO Hospice Grief Support (V) (LH)</p>	<p>28 10-11 Coping with Loss (V) 10-11 Earthing (OIP) 11-1 Talks on Trauma (V) 1-2 Music Sharing (H) 2-3:30 Creative Creations: Kitchen Sink edition (IP)</p>	<p>23 Saturday 10-11:30 NAMI Family Support Group (IP)</p>
					<p>29 11-1 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding and Mindfulness (IP) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V)</p>