

Monday	Tuesday	Wednesday	Thursday	Friday
Group Key: Virtual Groups (V) Outside in Person (OIP) In Person (IP) Hybrid (Virtual & In-person) (H)	1 10-11 Cat & Connect w/Goose (IP) 11:30-12:30 Men's Group (H) 1-2 Mindfulness Meditation (H) 2-3 Dual Recovery Anon. (H)(LH) 3:15-4:15 Healthy Habits (V)	2 9:15-10:15 Wednesday Walk (OIP) 10:30-11:30 Anxiety & Depression (H) 12pm-2pm Beach Journaling & Picnic @ Avila Beach (OIP) Depart SH @ 11:45am 2:30-3:30 Harmony Hub (H)	3 11am-1pm Music Jam @ Hope house (IP) Depart SH @ 10:30am 2-3 Voices & Visions (H)(LH) 3-4 Grief Support (V) 4- 5pm LGBTQIA+ (V) (HH)	4 Center Closed 11:30-12:30 Ambassador Check-In @ Hope House (IP) 10:15-11:15 Attitude of Gratitude (V)(LH) 11:45-12:45 Music Sharing (V)(LH) 3-4 Dual Recovery Anon. (V) (HH)
7 Center Closed 9am-12pm 2-3 Uplift Yourself (H) 3-4 Build Your Skills (V) 4-5 Grupo de bienestar emocional (V)(HH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	8 10-11 Calendar Collaboration (H) 11:30-12:30 Men's Group (H) 1-2 Mindfulness Meditation (H) 2-3 Dual Recovery Anon. (H)(LH) 3:15-4:15 Peace w/Food & Body (H)	9 10:30-11:30 Anxiety & Depression (H) 1-2:30 Board Games Group (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 3:30-4:30 PAAT Meeting (IP) Depart SH @ 3pm	10 9-10 Women's Group (H) 10:30-11:30 Writers for Wellness (H) 1-2 Poetry Reading & Reflection (H) 2-3 Voices & Visions (V)(LH) 3-4 Grief Support (V) 4- 5pm LGBTQIA+ (H) (HH)	11 10-11 Chronic Pain (H) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)
14 11-12 Mindful Monday (H) 1-2 Roots of Resilience (H) 3-4 Build Your Skills (V) 4-5 Grupo de bienestar emocional (V)(HH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	15 10-11 Cat & Connect w/Goose (IP) 11:30-12:30 Men's Group (H) 1-2 Mindfulness Meditation (H) 2-3 Dual Recovery Anon. (H)(LH) 3:15-4:15 Healthy Habits (V)	16 9-10:30 Beachside Stroll (OIP) 10:30-11:30 Anxiety & Depression (H) 12:45-2:15 Center Rejuvenation (IP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Harmony Hub (H)	17 9-10 Women's Group (H) 10:30-11:30 Writers for Wellness (H) 1-2 Music Sharing (H) 2-3 Voices & Visions (H) 3-4 Grief Support (H) 4- 5pm LGBTQIA+ (H) (HH)	18 10-11 Chronic Pain (H) 11-12 Sip & Support (H) 1-2 Anxiety & Depression (H) 2-3:30 Art from the Heart (IP) 3-4 Dual Recovery Anon. (V) (HH)
21 11-12 Mindful Monday (H) 2-3 Uplift Yourself (H) 3-4 Build Your Skills (V) 4-5 Grupo de bienestar emocional (V)(HH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	22 10-11 Chat & Chill (H) 11:30-12:30 Men's Group (H) 1-2 Mindfulness Meditation (H) 2-3 Dual Recovery Anon. (H)(LH) 3:15-4:15 Peace w/Food & Body (H)	23 9:15-10:15 Wednesday Walk (OIP) 10:30-11:30 Anxiety & Depression (H) 1-2:30 Autumn Art in the Park (OIP) 1:30-2:30 Living Well w/ Bipolar (V/HH) 3:30-4:30pm PAAT Meeting (IP) Depart SH @ 3pm	24 9-10 Women's Group (H) 10:30-11:30 Writers for Wellness (H) 1-2 Poetry Reading & Reflection (H) 2-3 Voices & Visions (H) 3-4 Grief Support (H) 4- 5pm LGBTQIA+ (H)(HH)	25 10-11 Chronic Pain (H) 12pm-2pm Ice Cream Social Unity Event @ Emerson Park at HH 3-4 Dual Recovery Anon. (V) (HH) Sat 9/26: Journey Of Hope 12-3pm @ SLO Public Market
28 Center Closed for Staff Development Day 4-5 Grupo de bienestar emocional (V)(HH) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	29 10am-12pm Outing to Avila Valley Barn Depart SH @ 9:45am 1-2 Mindfulness Meditation (H) 2-3 Dual Recovery Anon. (H)(LH) 3:15-4:15 Healthy Habits (V)	30 9-10:30 Beachside Stroll (OIP) 10:30-11:30 Anxiety & Depression (H) 12:30-2:30 Documentary Day (H) Billy & Molly: An Otter Love Story 1:30-2:30 Living Well w/ Bipolar (V/HH) 2:30-3:30 Harmony Hub (H)	California Peer-Run Warm Line Mental Health Support 24/7 1(855)-600-9276	Hope House (HH) 805-541-6813 Life House (LH) 805-305-7721