

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Group Key:</p> <p>Virtual Groups (V)</p> <p>Outside in Person (OIP)</p> <p>In Person (IP)</p> <p>Hybrid (Virtual & In-person) (H)</p>	<p>Hope House (HH)</p> <p>805-541-6813</p> <p>Life House (LH)</p> <p>805-305-7721</p>	<p>1</p> <p>2-3 Uplift Yourself (H)</p> <p>1:30-2:30 Living Well w/Bipolar (V) (HH)</p> <p>3-4 Coping with Loss (H)</p> <p>5-6 Grupo de bienestar emocional (V) (HH)</p>	<p>2</p> <p>11:30am to 1:30pm</p> <p>Outing to the SLO Museum of Art</p> <p>Depart SH @ 11am</p> <p>RSVP by 4/27</p> <p>3-4 SLO Hospice Grief Support (V) (LH)</p> <p>4- 5pm LGBTQIA+ (H) (HH)</p>	<p>3</p> <p>10-11 Chronic Pain & Mental Health (H)</p> <p>11-12 Sip & Stroll (OIP)</p> <p>1-2 Anxiety & Depression (H)</p> <p>3-4 Dual Recovery Anon. (V) (HH)</p>
<p>6</p> <p>Center Closed 9am-12:30pm</p> <p>2-3 Women's Group (H)</p> <p>3-4 Build Your Skills (V)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>7</p> <p>10-11 Cat & Connect w/Goose (H)</p> <p>11:30-12:30 Men's Group (H)</p> <p>1:30-2:30 Ted Talk Tuesday (H)</p> <p>2-3 Dual Recovery Anon.(H)(LH)</p> <p>2-3 Voice & Visions (H) (HH)</p> <p>3:15-4:15 Healthy Habits (V)</p>	<p>8</p> <p>10-11:30 Beachside Stroll (OIP)</p> <p>2-3 Uplift Yourself (H)</p> <p>1:30-2:30 Living Well w/Bipolar (V) (HH)</p> <p>3-4 Coping With Loss (H)</p> <p>5-6 Grupo de bienestar emocional (V) (HH)</p>	<p>9</p> <p>1-2 Music Sharing-70's Edition (H)</p> <p>2-3:30 Art from the Heart (IP)</p> <p>3-4 SLO Hospice Grief Support (V) (LH)</p> <p>4- 5pm LGBTQIA+ (H) (HH)</p>	<p>10</p> <p>10-11 Chronic Pain & Mental Health (H)</p> <p>12pm-2:30pm</p> <p>Music Sharing & Karaoke</p> <p>@ Hope House</p> <p>Depart SH @ 11:30am</p> <p>3-4 Dual Recovery Anon. (V) (HH)</p>
<p>13</p> <p>11-12 Mindful Monday (H)</p> <p>1-2 Roots of Resilience (H)</p> <p>2-3 Women's Group (H)</p> <p>3-4 Build Your Skills (V)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>14</p> <p>11:30-12:30 Calendar Collaboration (H)</p> <p>1:30-2:30 Ted Talk Tuesday (H)</p> <p>2-3 Dual Recovery Anon.(H)(LH)</p> <p>2-3 Voice & Visions (H) (HH)</p> <p>3:15-4:15 Healthy Habits (V)</p> <p>3-4:30 Peer Advocacy & Advisory Team (PAAT) @ HH (IP)</p>	<p>15</p> <p>1:00pm to 3:30pm</p> <p>Outing to Oso Flaco Lake</p> <p>Depart SH @ 12:15pm</p> <p>RSVP by 4/10</p> <p>1:30-2:30 Living Well w/Bipolar (V) (HH)</p> <p>5-6 Grupo de bienestar emocional (V) (HH)</p>	<p>16</p> <p>1-2 Music Sharing-All time Favs (H)</p> <p>2-3:30 Art in the Park (OIP)</p> <p>3-4 SLO Hospice Grief Support (V) (LH)</p> <p>4- 5pm LGBTQIA+ (H) (HH)</p>	<p>17</p> <p>10-11 Chronic Pain & Mental Health (H)</p> <p>11-12 Sip & Stroll (OIP)</p> <p>1-2 Anxiety & Depression (H)</p> <p>3-4 Dual Recovery Anon. (V) (HH)</p>
<p>20</p> <p>11-12 Mindful Monday (H)</p> <p>2-3 Women's Group (H)</p> <p>3-4 Build Your Skills (V)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>21</p> <p>10-11 Cat & Connect w/Goose (H)</p> <p>11:30-12:30 Men's Group (H)</p> <p>1:30-2:30 Ted Talk Tuesday (H)</p> <p>2-3 Dual Recovery Anon.(H)(LH)</p> <p>2-3 Voice & Visions (H) (HH)</p> <p>3:15-4:15 Healthy Habits (V)</p>	<p>22</p> <p>10-11:30 Beachside Stroll (OIP)</p> <p>12-1 Sound Bath w/Clayton (H)(LH)</p> <p>2-3 Uplift Yourself (H)</p> <p>1:30-2:30 Living Well w/Bipolar (V) (HH)</p> <p>3-4 Coping With Loss (H)</p> <p>5-6 Grupo de bienestar emocional (V) (HH)</p>	<p>23</p> <p>1-2 Music Sharing-80's Edition (H)</p> <p>2-3:30 Art from the Heart (IP)</p> <p>3-4 SLO Hospice Grief Support (V) (LH)</p> <p>4- 5pm LGBTQIA+ (H) (HH)</p>	<p>24</p> <p>11am-2pm</p> <p>Montana De Oro Bluff Trail</p> <p>Depart SH @ 10:15am</p> <p>RSVP by 4/21</p> <p>3-4 Dual Recovery Anon. (V) (HH)</p> <p>-Sat: 10-11:30 NAMI Group (IP)</p>
<p>27</p> <p>11-12 Mindful Monday (H)</p> <p>1-2 Roots of Resilience (H)</p> <p>2-3 Women's Group (H)</p> <p>3-4 Build Your Skills (V)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>28</p> <p>10-11:30 Board Game Day (IP)</p> <p>11:30-12:30 Men's Group (H)</p> <p>1:30-2:30 Ted Talk Tuesday (H)</p> <p>2-3 Dual Recovery Anon.(H)(LH)</p> <p>2-3 Voice & Visions (H) (HH)</p> <p>3:15-4:15 Healthy Habits (V)</p> <p>3-4:30 Peer Advocacy & Advisory Team (PAAT) @ HH (IP)</p>	<p>29</p> <p>10-11 Wednesday Walk (OIP)</p> <p>2-3 Uplift Yourself (H)</p> <p>1:30-2:30 Living Well w/Bipolar (V) (HH)</p> <p>3-4 Coping with Loss (H)</p> <p>5-6 Grupo de bienestar emocional (V) (HH)</p>	<p>30</p> <p>1:00pm-3:00pm</p> <p>Documentary & Discussion Day (H)</p> <p>@ Safe Haven</p> <p>3-4 SLO Hospice Grief Support (V) (LH)</p> <p>4- 5pm LGBTQIA+ (H) (HH)</p>	<p>California Peer-Run Warm</p> <p>Line Mental Health Support</p> <p>24/7</p> <p>1(855)-600-9276</p>