

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