

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Group Key:</u> Virtual Groups (V) Outside in Person (OIP) In Person (IP) Hybrid (Virtual & In-person) (H)	California Peer-Run Warm Line Mental Health Support 24/7 1 (855) 600-9276	"Smell the sea and feel the sky. Let your soul and spirit fly."  -Van Morrison	Hope House (HH) 805-541-6813 Life House (LH) 805-305-7721	1 10-11 Chronic Pain & Mental Health (V) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)
4 Center Closed 9-12:30 for Staff Meeting 1-2 Anxiety & Depression (V) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide At-tempt Survivors (V)	5 12:30-2:00 Center Rejuvenation (IP) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H)(HH)	6 9:30 - 10:30 Wednesday Walk (OIP) 1-2 Self-Compassion Circle (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) 2:30-3:30 Social Skills 35+ (V)(LH)	7 11-12 Calendar Collaboration (H) 1-2 Music Sharing (H) 2-3 Art from the Heart (IP) 3-4 SLO Hospice Grief Support (H)(LH) 4- 5pm LGBTQ+ (H) (HH) 5-6 Grupo de bienestar emocional (V)(HH)	8 Center closed for Staff Development Day 3-4 Dual Recovery Anon. (V) (HH)
11 11-12 Mindful Movement (H) 1-2 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide At-tempt Survivors (V)	12 10-11 9 Forks Support Group (H) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H)(HH) 3-4:30 PAAT Meeting @ TMHA (H)	13 11-12 Uplift Yourself (H) 1-2 Self-Compassion Circle (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) 2:30-3:30 Social Skills 18-35 (H)(LH)	14 10:30-11:30 Chat & Chill (H) 1-2 Music Sharing (H) 2-3 Art from the Heart (IP) 3-4 SLO Hospice Grief Support (V)(LH) 4- 5pm LGBTQ+ (H) (HH) 5-6 Grupo de bienestar emocional (V)(HH)	15 10-11 Chronic Pain & Mental Health (V) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)
18 11-1 James Way Trail (OIP) Depart SH @ 10:45am RSVP for a ride 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide At-tempt Survivors (V)	19 10-11 9 Forks Support Group (H) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H)(HH)	20 9:30 - 10:30 Wednesday Walk (OIP) 1-2 Self-Compassion Circle (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) 2:30-3:30 Social Skills 35+ (V)(LH)	21 1-2 Music Sharing (H) 2-3 Art from the Heart (IP) 3-4 SLO Hospice Grief Support (H)(LH) 4- 5pm LGBTQ+ (H) (HH) 5-6 Grupo de bienestar emocional (V)(HH)	22 10-11 Chronic Pain & Mental Health (V) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH) —Sat: 10-11:30 NAMI Group (IP)
25 11-12 Mindful Movement (H) 1-2 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide At-tempt Survivors (V)	26 10-11 9 Forks Support Group (H) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H)(HH) 3-4:30 PAAT Meeting @ TMHA (H)	27 11-12 Uplift Yourself (H) 1-2 Self-Compassion Circle (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) 2:30-3:30 Social Skills 18-35 (H)(LH)	28 10:30-11:30 Chat & Chill (H) 1-2 Music Sharing (H) 2-3 Art from the Heart (IP) 3-4 SLO Hospice Grief Support (V)(LH) 4- 5pm LGBTQ+ (H) (HH) 5-6 Grupo de bienestar emocional (V)(HH)	29 10-11 Chronic Pain & Mental Health (V) 12:30-2:30 Ice Cream Social Unity Event @ Strother Park Depart SH at 12:20pm RSVP for a ride 3-4 Dual Recovery Anon. (V) (HH)