

Monday	Tuesday	Wednesday	Thursday	Friday
3 Center Closed 9am-12:30pm 1-2 Roots of Resilience (V) 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)	4 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)	5 10:30-11:30 Anxiety & Depression (V)(LH) 12pm-2pm (OIP) Beach Journaling & Picnic Unity Event @ Grover Beach	6 9-10 Women's Group (H) 10:30-11:30 Writers for Wellness (H) 1-2 Music Sharing (H) 2-3 Voices & Visions (H)(LH) 3-4 Grief Support (V) (LH)	7 Center Closed For Staff Development 3-4 Dual Recovery Anon. (V) (HH)
10 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)	11 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) 3-4:30 PAAT Meeting (H)(HH)	12 9:15-10:15 Wednesday Walk (OIP) 12:30pm-2:30pm Center Rejuvenation & Member Celebrations (IP) 3-4 Coping with Loss (H)	13 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)(LH) 3-4 Grief Support (V) (LH) 4- 5pm LGBTQIA+ (H) (HH)	14 10-11 Chronic Pain (H) 12pm-2pm Summer Social @ LH Depart SH at 11:15am 3-4 Dual Recovery Anon. (V) (HH)
17 Center Closed For Staff Development 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	18 9-10 Eating Disorder Support Group (H) 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)	19 9:15-10:15 Wednesday Walk (OIP) 10:30-12 New Life Food Pantry (IP) 1pm-3pm Member Movie Day @ Safe Haven	20 10-12 Pismo Beach Clean-Up Unity Event (OIP) Depart SH @ 9:15am, RSVP by 8/17 1-2 Music Sharing (H) 2-3 Voices & Visions (V)(LH) 3-4 Grief Support (V) (LH) 4- 5pm LGBTQIA+ (H) (HH)	21 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)
24 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)	25 10am-11:30am Outing to SLO Botanical Gardens Depart SH @ 9:30am, RSVP by 8/20 1-2 Mindfulness Meditation (H) 2-3 Dual Recovery Anon.(H)(LH) 3-4:30 PAAT Meeting (H)(HH)	26 9:15-10:15 Wednesday Walk (OIP) 10:30-12 New Life Food Pantry (IP) 1-2:30 Board Games Group (IP) 3-4 Coping with Loss (H)	27 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) (LH) 4- 5pm LGBTQIA+ (H)(HH)	28 10-11 Chronic Pain (H) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 2-3:30 Art from the Heart (IP) 3-4 Dual Recovery Anon. (V) (HH) —Sat: 10-11:30 NAMI Group (IP)
31 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)	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	California Peer-Run Warm Line Mental Health Support 24/7 1(855)-600-9276	National Wellness Month 