

| Monday                                                                                                                                                                               | Tuesday                                                                                                                                                                                          | Wednesday                                                                                                                                                            | Thursday                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br><b>Center Closed 9-12:30 for Staff Meeting</b><br>1-2 Anxiety & Depression (V)<br>3-4 Build Your Skills (V)<br>5:30-6:30 Support Group for Suicide Attempt Survivors (V) | <b>2</b><br>10:30-11:30 Chat & Chill (H)<br>11:30-12:30 Men's Group (H)<br>2-3 Dual Recovery Anon. (H) (LH)<br>2-3 Voice & Visions (H) (HH)                                                      | <b>3</b><br>9:30 - 10:30 Wednesday Walk (OIP)<br>1-2 Self-Compassion Circle (H)<br>1:30-2:30 Living Well w/Bipolar (V) (HH)<br>2:30-3:30 Social Skills 35+ (V) (LH)  | <b>4</b><br>10-11 Express Yourself (V) (LH)<br>1-2 Music Sharing (H)<br>2-3 Art from the Heart (IP)<br>3-4 SLO Hospice Grief Support (H) (LH)<br>4- 5pm LGBTQIA+ (H) (HH)<br>5-6 Grupo de bienestar emocional (V) (HH)   | <b>5</b><br>10-11 Chronic Pain & Mental Health (V)<br>11-12 Sip & Stroll (OIP)<br>1-2 Anxiety & Depression (H)<br>3-4 Dual Recovery Anon. (V) (HH)                                                                                                                   |
| <b>8</b><br>11-12 Mindful Movement (H)<br>1-2 Anxiety & Depression (H)<br>3-4 Build Your Skills (V)<br>5:30-6:30 Support Group for Suicide Attempt Survivors (V)                     | <b>9</b><br><b>Center Closed 9am-12:30pm</b><br><b>12:30-2:00 Center Rejuvenation (IP)</b><br>2-3 Dual Recovery Anon. (H) (LH)<br>2-3 Voice & Visions (H) (HH)<br>3-4:30 PAAT Meeting @ TMHA (H) | <b>10</b><br>11-12 Uplift Yourself (H)<br>1-2 Self-Compassion Circle (H)<br>1:30-2:30 Living Well w/Bipolar (V) (HH)                                                 | <b>11</b><br>11-12 Calendar Collaboration (H)<br>1-2 Music Sharing (H)<br>2-3 Art from the Heart (IP)<br>3-4 SLO Hospice Grief Support (V) (LH)<br>4- 5pm LGBTQIA+ (H) (HH)<br>5-6 Grupo de bienestar emocional (V) (HH) | <b>12</b><br>10-11 Chronic Pain & Mental Health (V)<br><b>12-2 Shell Beach Bluff Trail</b><br><b>Depart SH @ 11:45am</b><br><b>RSVP for a ride</b><br>3-4 Dual Recovery Anon. (V) (HH)                                                                               |
| <b>15</b><br>1-2 Anxiety & Depression (H)<br>3-4 Build Your Skills (V)<br>5:30-6:30 Support Group for Suicide Attempt Survivors (V)                                                  | <b>16</b><br>10:30-11:30 Chat & Chill (H)<br>11:30-12:30 Men's Group (H)<br>2-3 Dual Recovery Anon. (H) (LH)<br>2-3 Voice & Visions (H) (HH)                                                     | <b>17</b><br>9:30 - 10:30 Wednesday Walk (OIP)<br>1-2 Self-Compassion Circle (H)<br>1:30-2:30 Living Well w/Bipolar (V) (HH)<br>2:30-3:30 Social Skills 35+ (V) (LH) | <b>18</b><br>10-11 Express Yourself (V) (LH)<br>1-2 Music Sharing (H)<br>3-4 SLO Hospice Grief Support (V) (LH)<br>4- 5pm LGBTQIA+ (H) (HH)<br>5-6 Grupo de bienestar emocional (V) (HH)                                 | <b>19</b><br>10-11 Chronic Pain & Mental Health (V)<br>11-12 Sip & Stroll (OIP)<br>1-2 Anxiety & Depression (H)<br>3-4 Dual Recovery Anon. (V) (HH)                                                                                                                  |
| <b>22</b><br>11-12 Mindful Movement (H)<br>1-2 Anxiety & Depression (H)<br>3-4 Build Your Skills (V)<br>5:30-6:30 Support Group for Suicide Attempt Survivors (V)                    | <b>23</b><br>11:30-12:30 Men's Group (H)<br>2-3 Dual Recovery Anon. (H) (LH)<br>2-3 Voice & Visions (H) (HH)<br>3-4:30 PAAT Meeting @ TMHA (H)                                                   | <b>24</b><br>11-12 Uplift Yourself (H)<br>1-2 Self-Compassion Circle (H)<br>1:30-2:30 Living Well w/Bipolar (V) (HH)<br>2:30-3:30 Social Skills 18-35 (H) (LH)       | <b>25</b><br>1-2 Music Sharing (H)<br>3-4 SLO Hospice Grief Support (V) (LH)<br>4- 5pm LGBTQIA+ (H) (HH)<br>5-6 Grupo de bienestar emocional (V) (HH)                                                                    | <b>26</b><br>10-11 Chronic Pain & Mental Health (V)<br>11-12 Sip & Stroll (OIP)<br>1-2 Anxiety & Depression (H)<br>3-4 Dual Recovery Anon. (V) (HH)<br><b>4-9pm AG Harvest Festival</b><br>Sat: 10-11:30 NAMI Group (IP)<br><b>Sat: 10am-4pm Ag Harvest Festival</b> |
| <b>29</b><br>1-2 Anxiety & Depression (H)<br>3-4 Build Your Skills (V)<br>5:30-6:30 Support Group for Suicide Attempt Survivors (V)                                                  | <b>30</b><br>10:30-11:30 Chat & Chill (H)<br>11:30-12:30 Men's Group (H)<br>2-3 Dual Recovery Anon. (H) (LH)<br>2-3 Voice & Visions (H) (HH)                                                     | <u>Group Key:</u><br>Virtual Groups (V)<br>Outside in Person (OIP)<br>In Person (IP)<br>Hybrid (Virtual & In-person) (H)                                             | California Peer-Run Warm Line<br>Mental Health Support 24/7<br>1 (855) 600-9276                                                                                                                                          | Hope House (HH)<br>805-541-6813<br>Life House (LH)<br>805-305-7721                                                                                                                                                                                                   |