

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