

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Group Key:</u> Virtual Groups (V) Outside in Person (OIP) In Person (IP)	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	1  CLOSED FOR NEW YEARS DAY	2 10-11 Chronic Pain & Mental Health (V) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 3-4 Women's Wellness (H) Dual Recovery Anon. (V) (HH)
5 Center Closed 9-12:30 for Staff Meeting 1-2 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	6 10-11 Chat & Chill (H) 11:30-12:30 Men's Group (H) 1:30-2:30 Healing Dependency (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H) (HH)	7 10-11 Wednesday Wellness (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) 3-4 Coping with Loss (H)	8 10-11:30 Book Club (H) 1-2 Music Sharing (H) 2-3:30 Art From the Heart-New Year's Reflection (IP) 3-4 SLO Hospice Grief Support (V) (LH) 4- 5pm LGBTQIA+ (H) (HH) 5-6 Grupo de bienestar emocional (V) (HH)	9 10-11 Chronic Pain & Mental Health (V) 11-12 Andreini's Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 3-4 Women's Wellness (H) 3-4 Dual Recovery Anon. (V) (HH)
12 11-12 Mindful Monday (H) 1-2 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	13 11-12 Calendar Collaboration (H) 1:30-2:30 Healing Dependency (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H) (HH) 3-4:30 Peer Advocacy & Advisory Team (PAAT) @ HH (IP)	14 Center Closed 9am-10:30am 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) 3-4 Coping with Loss (H)	15 10-11:30 Book Club (H) 1-2 Music Sharing (H) 2-3:30 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)	16 11:30am-1:00pm Los Osos Elfin Forest Walk RSVP for a spot & ride Depart SH @ 10:30am 3-4 Dual Recovery Anon. (V) (HH)
19 Center Closed For Staff Development 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	20 10-11 Chat & Chill (H) 11:30-12:30 Men's Group (H) 1:30-2:30 Healing Dependency (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H) (HH)	21 10-11 Wednesday Wellness (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) 3-4 Coping with Loss (H)	22 10-11:30 Book Club (H) 1-2 Music Sharing (H) 2-3:30 Art From the Heart-Watercolor (IP) 3-4 SLO Hospice Grief Support (V) (LH) 4- 5pm LGBTQIA+ (H) (HH) 5-6 Grupo de bienestar emocional (V) (HH)	23 10-11 Chronic Pain & Mental Health (V) 11-12 Andreini's Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 3-4 Women's Wellness (H) 3-4 Dual Recovery Anon. (V) (HH) —Sat: 10-11:30 NAMI Group (IP)
26 11-12 Mindful Monday (H) 1-2 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	27 10-11:30 Board Game Day (IP) 11:30-12:30 Men's Group (H) 1:30-2:30 Healing Dependency (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H) (HH) 3-4:30 Peer Advocacy & Advisory Team (PAAT) @ HH (IP)	28 12:30pm-2:30pm Outing to Lopez Lake RSVP for a ride Depart SH @ 12:00pm 1:30-2:30 Living Well w/Bipolar (V) (HH) 2:30-3:30 Social Skills 35+ (V) (LH)	29 10-11:30 Book Club (H) 1-2 Music Sharing (H) 2-3:30 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)	30 10-11 Chronic Pain & Mental Health (V) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 3-4 Women's Wellness (H) 3-4 Dual Recovery Anon. (V) (HH)