

Monday	Tuesday	Wednesday	Thursday	Friday
Group Key: Virtual Groups (V) Outside in Person (OIP) In Person (IP) Hybrid (Virtual & In-person) (H)	1 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 (V/HH)	2 11-12 Uplift Yourself (V) 1-2 Self-Compassion Circle (V) 1:30-2:30 Living Well w/Bipolar (V) (HH) 2:30-3:30 Social Skills 18-35 (H)(LH) 2:30-4 Job Seeker Workshop @ TMHA (IP)	3 10-11 Mastering Meditation (V) 1-2 Music Sharing (V) 3-4 SLO Hospice Grief Support (H)(LH) 4- 5pm LGBTQ+ (V) (HH) 5-6 Grupo de bienestar emocional (V)(HH)	4 Closed for 4th of July!!! 
7 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)	8 CENTER CLOSED 9am-12:30pm 12:30-2:00 Center Rejuvenation (IP) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (V/HH) 3-4:30 PAAT Meeting @ TMHA (H)	9 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)	10 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) (LH) 5-6 Grupo de bienestar emocional (V)(HH)	11 10-11 Chronic Pain & Mental Health (V) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)
14 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-	15 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 (V/HH)	16 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)	17 10-11 Mastering Meditation (V) 1-2 Music Sharing (V) 2-3 Art from the Heart (OIP) 3-4 SLO Hospice Grief Support (V)(LH) 4- 5pm LGBTQ+ (V) (HH) 5-6 Grupo de bienestar emocional (V)(HH)	18 12pm to 2pm TMHA Summer BBQ @ Cuesta Canyon Park Depart SH @ 11:30am RSVP for a Ride 
21 10:30-11:30 Healthy Habits (V) 1-2 Anxiety & Depression (V) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide At-tempt Survivors (V)	22 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 (V/HH) 3-4:30 PAAT Meeting @ TMHA (H)	23 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)	24 1-2 Music Sharing (V) 2-3 Art from the Heart (OIP) 3-4 SLO Hospice Grief Support (H)(LH) 4- 5pm LGBTQ+ (H) (LH) 5-6 Grupo de bienestar emocional (V)(HH)	25 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)
28 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)	29 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 (V/HH)	30 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)	31 11:30-1:30 Central Coast Aquarium in Avila Beach Depart SH @ 11am RSVP for a Ride  3-4 SLO Hospice Grief Support (V)(LH) 4- 5pm LGBTQ+ (V) (HH) 5-6 Grupo de bienestar emocional (V)(HH)	Hope House (HH) 805-801-3536 Life House (LH) 805-305-7721