

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Group Key:</p> <p>Virtual Groups (V)</p> <p>Outside in Person (OIP)</p> <p>In Person (IP)</p> <p>Hybrid (Virtual & In-person) (H)</p>	<p>Hope House (HH)</p> <p>805-541-6813</p> <p>Life House (LH)</p> <p>805-305-7721</p>	<p>1 10:30am-12:30pm</p> <p>Beach Journaling & Picnic (OIP)</p> <p>1:30-2:30 Living Well w/Bipolar (V)(HH)</p> <p>3-4 Coping with Loss (H)</p>	<p>2 9-10 Women's Group (H)</p> <p>10:30-11:30 Writers for Wellness (H)</p> <p>1-2 Music Sharing (H)</p> <p>2-3 Voices & Visions (H)(LH)</p> <p>3-4 Grief Support (V) (LH)</p> <p>4- 5pm LGBTQIA+ (H) (HH)</p>	<p>3 10-11 Chronic Pain (H)</p> <p>11-12 Sip & Stroll (OIP)</p> <p>1-2 Anxiety & Depression (H)</p> <p>2-3:30 Art from the Heart (IP)</p> <p>3-4 Dual Recovery Anon. (V) (HH)</p>
<p>6 Center Closed For Staff Development</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>7 10-11 Calendar Collaboration (H)</p> <p>11:30-12:30 Men's Group (H)</p> <p>1:30-2:30 Ted Talk Tuesday (H)</p> <p>2-3 Dual Recovery Anon.(H)(LH)</p> <p>3:15-4:15 Healthy Habits (V)</p>	<p>8 10-11:30 Beachside Stroll (OIP)</p> <p>12-1 Reiki w/Art Kuhns (H)</p> <p>1:30-2:30 Living Well w/Bipolar (V)(HH)</p> <p>3-4 Coping with Loss (H)</p>	<p>9 9-10 Women's Group (H)</p> <p>10:30-11:30 Writers for Wellness (H)</p> <p>1-2 Poetry Reading & Reflection (H)</p> <p>2-3 Voices & Visions (H)(LH)</p> <p>3-4 Grief Support (V) (LH)</p> <p>4- 5pm LGBTQIA+ (H) (HH)</p>	<p>10 10-11 Chronic Pain (H)</p> <p>11-12 Sip & Support (H)</p> <p>1-2 Anxiety & Depression (H)</p> <p>2-3:30 Art from the Heart (IP)</p> <p>3-4 Dual Recovery Anon. (V) (HH)</p>
<p>13 11-12 Mindful Monday (H)</p> <p>1-2 Roots of Resilience (H)</p> <p>2-3 Uplift Yourself (H)</p> <p>3-4 Build Your Skills (V)</p> <p>4-5 Grupo de bienestar emocional (V)(HH)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>14 10-11 Cat & Connect w/Goose (IP)</p> <p>11:30-12:30 Men's Group (H)</p> <p>1:30-2:30 Ted Talk Tuesday (H)</p> <p>2-3 Dual Recovery Anon.(H)(LH)</p> <p>3:15-4:15 Healthy Habits (V)</p> <p>3-4:30 Peer Advocacy & Advisory Team (PAAT) @ HH (H)</p>	<p>15 10-11 Wednesday Walk (OIP)</p> <p>12-1 Sound Bath w/Clayton @ LH</p> <p>Depart SH @ 11:15am</p> <p>1:30-2:30 Living Well w/Bipolar (V)(HH)</p> <p>3-4 Coping With Loss (H)</p>	<p>16 9-10 Women's Group (H)</p> <p>10:30-11:30 Writers for Wellness (H)</p> <p>1-2 Music Sharing (H)</p> <p>2-3 Voices & Visions (V)(LH)</p> <p>3-4 Grief Support (V) (LH)</p> <p>4- 5pm LGBTQIA+ (H) (HH)</p>	<p>17 12pm-2pm</p> <p>TMHA Summer BBQ</p> <p>RSVP by 7/14</p> <p>Depart SH @ 11:30am</p> <p>3-4 Dual Recovery Anon. (V) (HH)</p>
<p>20 11-12 Mindful Monday (H)</p> <p>1-2 Roots of Resilience (H)</p> <p>2-3 Uplift Yourself (H)</p> <p>3-4 Build Your Skills (V)</p> <p>4-5 Grupo de bienestar emocional (V)(HH)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>21 10-11 Chat & Chill (H)</p> <p>11:30-12:30 Men's Group (H)</p> <p>1:30-2:30 Ted Talk Tuesday (H)</p> <p>2-3 Dual Recovery Anon.(H)(LH)</p> <p>3:15-4:15 Healthy Habits (V)</p>	<p>22 10:30-11:30 Anxiety & Depression (V)(LH)</p> <p>12:30pm-2:30pm</p> <p>Bob Jones Trail & Picnic</p> <p>Unity Outing</p> <p>Depart SH @ 12:15</p>	<p>23 9-10 Women's Group (H)</p> <p>10:30-11:30 Writers for Wellness (H)</p> <p>1-2 Poetry Reading & Reflection (H)</p> <p>2-3 Voices & Visions (V)(LH)</p> <p>3-4 Grief Support (V) (LH)</p> <p>4- 5pm LGBTQIA+ (H)(HH)</p>	<p>24 10-11 Chronic Pain (H)</p> <p>11-12 Sip & Support (H)</p> <p>1-2 Anxiety & Depression (H)</p> <p>3-4 Dual Recovery Anon. (V) (HH)</p> <p>-----</p> <p>—Sat: 10-11:30 NAMI Group (IP)</p>
<p>27 11-12 Mindful Monday (H)</p> <p>2-3 Uplift Yourself (V)</p> <p>3-4 Build Your Skills (V)</p> <p>4-5 Grupo de bienestar emocional (V)(HH)</p> <p>5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>28 10-11 Cat & Connect w/Goose (IP)</p> <p>11:30-12:30 Men's Group (V)</p> <p>1-2 Mindfulness Meditation (V)</p> <p>2-3 Dual Recovery Anon.(H)(LH)</p> <p>3:15-4:15 Healthy Habits (V)</p> <p>3-4:30 Peer Advocacy & Advisory Team (PAAT) @ HH (H)</p>	<p>29 Center Closed For Staff Development</p> <p>BE KIND KEEP GOING</p>	<p>30 9-10 Women's Group (V)</p> <p>11:30am-1:30pm</p> <p>Documentary Day (H)</p> <p>"Jane Goodall: The Hope"</p> <p>by National Geographic</p> <p>3-4 Grief Support (V) (LH)</p> <p>4- 5pm LGBTQIA+ (H)(HH)</p>	<p>31 10-11 Chronic Pain (H)</p> <p>1pm-2:30pm</p> <p>Olivia's Farewell Party</p> <p>At Life House WC</p> <p>Depart SH @ 12:15pm</p> <p>3-4 Dual Recovery Anon. (V) (HH)</p>