

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed 9am-12:30pm 2-3 Uplift Yourself (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	2 10-11 Cat & Connect w/Goose (IP) 11:30-12:30 Men's Group (H) 1:30-2:30 Ted Talk Tuesday (H) 2-3 Dual Recovery Anon.(H)(LH) 3:15-4:15 Healthy Habits (V)	3 10-11:30 Beachside Stroll (OIP) 1:30-2:30 Living Well w/Bipolar (H) 3-4 Coping With Loss (H) 5-6 Grupo de bienestar emocional (V) (HH)	4 9-10 Women's Group (H) 1:30pm-3:30pm Robinhood: A Melodrama For Our Times Depart SH @ 1pm 3-4 SLO Hospice Grief Support (V) (LH) 4- 5pm LGBTQIA+ (H) (HH)	5 10-11 Chronic Pain & Mental Health (H) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 2-3:30 Art from the Heart (IP) 3-4 Dual Recovery Anon. (V) (HH)
8 11-12 Mindful Monday (H) 1-2 Roots of Resilience (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	9 11:30-12:30 Men's Group (H) 1:30-2:30 Ted Talk Tuesday (H) 2-3 Dual Recovery Anon.(H)(LH) 3-4:30 Peer Advocacy & Advisory Team (PAAT) @ HH (IP)	10 10:30am-12:30pm Beach Journaling & Picnic (OIP) 1:30-2:30 Living Well w/Bipolar (V) 5-6 Grupo de bienestar emocional (V) (HH)	11 9-10 Women's Group (V) 11am-1pm Jimi Hendrix Documentary: The Untold Story (H) 3-4 SLO Hospice Grief Support (V) (LH) 4- 5pm LGBTQIA+ (H) (HH)	12 10-11 Chronic Pain & Mental Health (H) 11am-12:30pm Coffee & Crafts (IP) 3-4 Dual Recovery Anon. (V) (HH)
15 11-12 Mindful Monday (H) 2-3 Uplift Yourself (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	16 10-11 Calendar Collaboration (H) 11:30-12:30 Men's Group (H) 1:30-2:30 Ted Talk Tuesday (H) 2-3 Dual Recovery Anon.(H)(LH) 3:15-4:15 Healthy Habits (V)	17 10-11 Wednesday Walk (OIP) 1:30-2:30 Living Well w/Bipolar (H) 3-4 Coping with Loss (H) 5-6 Grupo de bienestar emocional (V) (HH)	18 9-10 Women's Group (H) 10:30-11:30 Writers for Wellness (H) 1-2 Music Sharing- 2000's Hits (H) 2-3 Voices & Visions (H) 3-4 SLO Hospice Grief Support (V) (LH) 4- 5pm LGBTQIA+ (H) (HH)	19 10-11 Chronic Pain & Mental Health (H) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 2-3:30 Art from the Heart (IP) 3-4 Dual Recovery Anon. (V) (HH)
22 11-12 Mindful Monday (H) 1-2 Roots of Resilience (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	23 10-11 Cat & Connect w/Goose (IP) 11:30-12:30 Men's Group (H) 1:30-2:30 Ted Talk Tuesday (H) 2-3 Dual Recovery Anon.(H)(LH) 3:15-4:15 Healthy Habits (V) 3-4:30 Peer Advocacy & Advisory Team (PAAT) @ HH (IP)	24 Center Closed for Staff Development Day 10:30-11:30 Anxiety & Depression (V)(LH) 1:30-2:30 Living Well w/Bipolar (V) (HH) 5-6 Grupo de bienestar emocional (V) (HH)	25 9-10 Women's Group (H) 10:30-11:30 Writers for Wellness (H) 1-2 Songs of Summertime (H) 2-3 Voices & Visions (H) 3-4 SLO Hospice Grief Support (V) (LH) 4- 5pm LGBTQIA+ (H) (HH)	26 10-11 Chronic Pain & Mental Health (H) 12-2 Community Baking Unity Event @ Hope House 3-4 Dual Recovery Anon. (V) (HH) ---Sat: 10-11:30 NAMI Group (IP)
29 12:30pm-2:30pm Monday Movie Day: The Neverending Story (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	30 10-11 Chat & Chill-Astrology (H) 12:30pm-2pm James Way Trail Walk (OIP) 2-3 Dual Recovery Anon.(H)(LH) 3:15-4:15 Healthy Habits (V)	Group Key: Virtual Groups (V) Outside in Person (OIP) In Person (IP) Hybrid (Virtual & In-person) (H)	Hope House (HH) 805-541-6813 Life House (LH) 805-305-7721	California Peer-Run Warm Line Mental Health Support 24/7 1(855)-600-9276