

Monday	Tuesday	Wednesday	Thursday	Friday
2 11-12 Mindful Monday (H) 1-2 Roots of Resilience (H) 2-3 Women's Group (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	3 10-11 Chat & Chill (H) 11:30-12:30 Men's Group (H) 1:30-2:30 Ted Talk Tuesday (H) 2-3 Dual Recovery Anon.(H)(LH) 2-3 Voice & Visions (H) (HH) 3:15-4:15 Healthy Habits (H)	4 10-11:30 Beachside Balance (OIP) 1-2 Peer Pop-In (H) 2-3 Uplift Yourself (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) 3-4 Coping with Loss (H)	5 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)	6 10-11 Chronic Pain & Mental Health (V) 12pm-2pm Jam Session @ Hope House Depart SH @ 11:30am 3-4 Dual Recovery Anon. (V) (HH)
9 Center Closed 9am-12:30pm 1-2 Roots of Resilience (H) 2-3 Women's Group (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	10 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) 2-3 Voice & Visions (H) (HH) 3:15-4:15 Healthy Habits (H) 3-4:30 Peer Advocacy & Advisory Team (PAAT) @ HH (IP)	11 10-11 Wednesday Walk (OIP) 12-1 Reiki w/ Art Kuhns (H)(LH) 2-3 Uplift Yourself (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) 3-4 Coping With Loss (H)	12 10-12 Brene Brown: The Call to Courage Documentary (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)	13 10-11 Chronic Pain & Mental Health (H) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 2-3 Peer Pop-In (H) 3-4 Dual Recovery Anon. (V) (HH)
16 11:30am-2:30pm Monday Movie Day & Member Celebrations (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	17 11am-1pm Port San Luis Depart SH @ 10:30am RSVP by 3/12 2-3 Dual Recovery Anon.(H)(LH) 2-3 Voice & Visions (H) (HH)	18 10am-11am AG Farmers Market @ Grande Ave Depart SH @ 9:45am 2-3 Uplift Yourself (V) 1:30-2:30 Living Well w/Bipolar (V) (HH) 3-4 Coping with Loss (V)	19 1-2 Music Sharing (V) 2-3:30 Art in the Park (OIP) 3-4 SLO Hospice Grief Support (V) (LH) 4- 5pm LGBTQIA+ (H) (HH) 5-6 Grupo de bienestar emocional (V) (HH)	20 10-11 Chronic Pain & Mental Health (V) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (V) 3-4 Dual Recovery Anon. (V) (HH)
23 11-12 Mindful Monday (H) 1-2 Roots of Resilience (H) 2-3 Women's Group (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	24 10-11 Chat & Chill (H) 11:30-12:30 Men's Group (H) 1:30-2:30 Ted Talk Tuesday (H) 2-3 Dual Recovery Anon.(H)(LH) 2-3 Voice & Visions (H) (HH) 3:15-4:15 Healthy Habits (H) 3-4:30 Peer Advocacy & Advisory Team (PAAT) @ HH (IP)	25 10-11 Wednesday Walk (OIP) 12-1 Sound Bath w/Clayton (H)(LH) 2-3 Uplift Yourself (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) 3-4 Coping With Loss (H)	26 10-12 Nan's Bookstore (IP) Depart SH @ 9:45am 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)	27 11am-2pm Morro Bay Rock Depart SH @ 10:15am RSVP by 3/24 3-4 Dual Recovery Anon. (V) (HH) -Sat: 10-11:30 NAMI Group (IP)
30 11-12 Mindful Monday (H) 1-2 Roots of Resilience (H) 2-3 Women's Group (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	31 10-11:30 Board Game Day (IP) 11:30-12:30 Men's Group (H) 1:30-2:30 Ted Talk Tuesday (H) 2-3 Dual Recovery Anon.(H)(LH) 2-3 Voice & Visions (H) (HH) 3:15-4:15 Healthy Habits (H)	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