

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> 11-12 Mindful Monday (H) <b>1-2 Roots of Resilience (H)</b> 2-3 Women's Group (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p><b>3</b> 10-11 Chat &amp; Chill (H) 11:30-12:30 Men's Group (H) <b>1:30-2:30 Ted Talk Tuesday (H)</b> 2-3 Dual Recovery Anon.(H)(LH) 2-3 Voice &amp; Visions (H) (HH) <b>3:15-4:15 Healthy Habits (H)</b></p>	<p><b>4</b> <b>10-11:30 Beachside Balance (OIP)</b> 1-2 Peer Pop-In (H) 2-3 Uplift Yourself (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) <b>3-4 Coping with Loss (H)</b></p>	<p><b>5</b> 10-11:30 Book Club (H) 1-2 Music Sharing (H) <b>2-3:30 Art from the Heart (IP)</b> 3-4 SLO Hospice Grief Support (V) (LH) 4- 5pm LGBTQIA+ (H) (HH) 5-6 Grupo de bienestar emocional (V) (HH)</p>	<p><b>6</b> 10-11 Chronic Pain &amp; Mental Health (V) <b>12pm-2pm Jam Session @ Hope House</b> <b>Depart SH @ 11:30am</b> 3-4 Dual Recovery Anon. (V) (HH)</p>
<p><b>9</b> <b>Center Closed 9am-12:30pm</b> <b>1-2 Roots of Resilience (H)</b> 2-3 Women's Group (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p><b>10</b> 10-11 Calendar Collaboration (H) 11:30-12:30 Men's Group (H) <b>1:30-2:30 Ted Talk Tuesday (H)</b> 2-3 Dual Recovery Anon.(H)(LH) 2-3 Voice &amp; Visions (H) (HH) <b>3:15-4:15 Healthy Habits (H)</b> 3-4:30 Peer Advocacy &amp; Advisory Team (PAAT) @ HH (IP)</p>	<p><b>11</b> 10-11 Wednesday Walk (OIP) <b>12-1 Reiki w/ Art Kuhns (H)(LH)</b> 2-3 Uplift Yourself (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) <b>3-4 Coping With Loss (H)</b></p>	<p><b>12</b> <b>10-12 Brene Brown: The Call to Courage Documentary (H)</b> 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)</p>	<p><b>13</b> 10-11 Chronic Pain &amp; Mental Health (H) 11-12 Sip &amp; Stroll (OIP) 1-2 Anxiety &amp; Depression (H) 2-3 Peer Pop-In (H) 3-4 Dual Recovery Anon. (V) (HH)</p>
<p><b>16</b> <b>11:30am-2:30pm Monday Movie Day &amp; Member Celebrations (H)</b> 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p><b>17</b> <b>11am-1pm Port San Luis Depart SH @ 10:30am RSVP by 3/12</b> 2-3 Dual Recovery Anon.(H)(LH) 2-3 Voice &amp; Visions (H) (HH)</p>	<p><b>18</b> <b>10am-11am AG Farmers Market @ Grande Ave Depart SH @ 9:45am</b> 2-3 Uplift Yourself (V) 1:30-2:30 Living Well w/Bipolar (V) (HH) <b>3-4 Coping with Loss (V)</b></p>	<p><b>19</b> 1-2 Music Sharing (V) <b>2-3:30 Art in the Park (OIP)</b> 3-4 SLO Hospice Grief Support (V) (LH) 4- 5pm LGBTQIA+ (H) (HH) 5-6 Grupo de bienestar emocional (V) (HH)</p>	<p><b>20</b> 10-11 Chronic Pain &amp; Mental Health (V) 11-12 Sip &amp; Stroll (OIP) 1-2 Anxiety &amp; Depression (V) 3-4 Dual Recovery Anon. (V) (HH)</p>
<p><b>23</b> 11-12 Mindful Monday (H) <b>1-2 Roots of Resilience (H)</b> 2-3 Women's Group (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p><b>24</b> 10-11 Chat &amp; Chill (H) 11:30-12:30 Men's Group (H) <b>1:30-2:30 Ted Talk Tuesday (H)</b> 2-3 Dual Recovery Anon.(H)(LH) 2-3 Voice &amp; Visions (H) (HH) <b>3:15-4:15 Healthy Habits (H)</b> 3-4:30 Peer Advocacy &amp; Advisory Team (PAAT) @ HH (IP)</p>	<p><b>25</b> 10-11 Wednesday Walk (OIP) <b>12-1 Sound Bath w/Clayton (H)(LH)</b> 2-3 Uplift Yourself (H) 1:30-2:30 Living Well w/Bipolar (V) (HH) <b>3-4 Coping With Loss (H)</b></p>	<p><b>26</b> <b>10-12 Nan's Bookstore (IP) Depart SH @ 9:45am</b> 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)</p>	<p><b>27</b> <b>11am-2pm Morro Bay Rock Depart SH @ 10:15am RSVP by 3/24</b> 3-4 Dual Recovery Anon. (V) (HH) -Sat: 10-11:30 NAMI Group (IP)</p>
<p><b>30</b> 11-12 Mindful Monday (H) <b>1-2 Roots of Resilience (H)</b> 2-3 Women's Group (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p><b>31</b> <b>10-11:30 Board Game Day (IP)</b> 11:30-12:30 Men's Group (H) <b>1:30-2:30 Ted Talk Tuesday (H)</b> 2-3 Dual Recovery Anon.(H)(LH) 2-3 Voice &amp; Visions (H) (HH) <b>3:15-4:15 Healthy Habits (H)</b></p>	<p><b>Group Key:</b> <b>Virtual Groups (V)</b> <b>Outside in Person (OIP)</b> <b>In Person (IP)</b> <b>Hybrid (Virtual &amp; In-person) (H)</b></p>	<p><b>Hope House (HH)</b> <b>805-541-6813</b> <b>Life House (LH)</b> <b>805-305-7721</b></p>	<p><b>California Peer-Run Warm Line Mental Health Support</b> <b>24/7</b> <b>1(855)-600-9276</b></p>