

Monday	Tuesday	Wednesday	Thursday	Friday
Group Key: Virtual Groups (V) Outside in Person (OIP) In Person (IP) Hybrid (Virtual & In-person) (H)	Central Coast Hotline Crisis & Mental Health Support Text or call 24/7 (800) 783-0607		Hope House (HH) 805-541-6813 Life House (LH) 805-305-7721	"I am Grateful for what I am and have. My Thanksgiving is perpetual" -Henry David Thoreau
3 Center Closed 9-12:30 for Staff Meeting 1-2:30 Anxiety & Depression (V) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	4 11:30-1:00 Center Rejuvenation (IP) 1-2:30 Womxn's Wellness (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H) (HH)	5 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)	6 10-11:30 Book Club (H) 1-2 Music Sharing (H) 2-3 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)	7 10-11 Chronic Pain & Mental Health (V) 1-3pm Outing to SLO Public Library Depart SH @ 12:30pm RSVP for a ride 3-4 Dual Recovery Anon. (V) (HH)
10 11-12 Mindful Monday (H) 1-2:30 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	11 10:30-11:30 Chat & Chill (H) 11:30-12:30 Men's Group (H) 1-2:30 Womxn's Wellness (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H) (HH) 3-4:30 PAAT Meeting @ TMHA (H)	12 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)	13 11-12 Calendar Collaboration (H) 1-2 Music Sharing (H) 2-3 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)	14 10-11 Chronic Pain & Mental Health (V) 11-12 Sip & Stroll (OIP) 1-2:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)
17 11-12 Mindful Monday (H) 1-2:30 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	18 11:30-12:30 Men's Group (H) 1-2:30 Womxn's Wellness (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H) (HH)	19 12pm-2pm TMHA Thanksgiving Feast @ Pavilion on the Lake RSVP for a ride Depart SH @ 11am	20 10-11:30 Book Club (H) 1-2 Music Sharing (H) 2-3 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)	21 10-11 Chronic Pain & Mental Health (V) Center closed 11:30am-2:30pm For All Staff Meeting 3-4 Dual Recovery Anon. (V) (HH) —Sat: 10-11:30 NAMI Group (IP)
24 11-12 Mindful Monday (H) 1-2:30 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	25 10:30-11:30 Chat & Chill (H) 11:30-12:30 Men's Group (H) 1-2:30 Womxn's Wellness (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H) (HH) 3-4:30 PAAT Meeting @ TMHA (H)	26 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)	27 Center Closed For Thanksgiving 	28 Center Closed 