

Monday	Tuesday	Wednesday	Thursday	Friday
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	1 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)	2 10-11 Express Yourself (V) (LH) 1-2 Music Sharing (H) 3-4 SLO Hospice Grief Support (H) (LH) 4- 5pm LGBTQIA+ (H) (HH) 5-6 Grupo de bienestar emocional (V) (HH)	3 10-11 Chronic Pain & Mental Health (V) 12:30-2:30 Matt's Pismo Bowl Send-off (OIP, RSVP for a ride) 3-4 Dual Recovery Anon. (V) (HH)
6 Center Closed 9-12:30 for Staff Meeting 1-2 Anxiety & Depression (V) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	7 Center Closed 9am-12:30pm 12:30-2:00 Center Rejuvenation (IP) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H) (HH)	8 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)	9 11-12 Calendar Collaboration (H) 1-2 Music Sharing (H) 3-4 SLO Hospice Grief Support (V) (LH) 4- 5pm LGBTQIA+ (H) (HH) 5-6 Grupo de bienestar emocional (V) (HH)	10 10-11 Chronic Pain & Mental Health (V) 12-4 Peer Support Conference (IP) 3-4 Dual Recovery Anon. (V) (HH)
13 1-2 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	14 10:30-11:30 Chat & Chill (H) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H) (HH) 3-4:30 PAAT Meeting @ TMHA (H)	15 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)	16 10-11 Express Yourself (V) (LH) 1-2 Music Sharing (H) 3-4 SLO Hospice Grief Support (V) (LH) 4- 5pm LGBTQIA+ (H) (HH) 5-6 Grupo de bienestar emocional (V) (HH)	17 10-11 Chronic Pain & Mental Health (V) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH)
20 1-2 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	21 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H) (HH)	22 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)	23 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)	24 10-11 Chronic Pain & Mental Health (V) 11-12 Sip & Stroll (OIP) 1-2 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V) (HH) —Sat: 10-11:30 NAMI Group (IP)
27 11-12 Mindful Movement (H) 1-2 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)	28 10:30-11:30 Chat & Chill (H) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (H) (LH) 2-3 Voice & Visions (H) (HH) 3-4:30 PAAT Meeting @ TMHA (H)	29 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)	30 10-11 Express Yourself (V) (LH) 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)	31 10-11 Chronic Pain & Mental Health (V) 12:30-2:30 Halloween Unity Event @ Life House WC Depart SH @ 11:45am RSVP for a ride 3-4 Dual Recovery Anon. (V) (HH)