

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Group Key: Virtual Groups (V) Outside in Person (OIP) In Person (IP) Hybrid (Virtual & In-person) (H)</p>	<p>Hope House (HH) 805-541-6813 Life House (LH) 805-464-0512</p>	<p>California Peer-Run Warm Line Mental Health Support 24/7 1 (855) 600-9276</p>	<p>1 10-11 Mastering Meditation (H) 1-2 Music Sharing (H) 2-3 Art from the Heart (IP) 3-4 SLO Hospice Grief Support (V)(LH)</p>	<p>2 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)</p>
<p>5 Center Closed 9-12:30 for Staff Meeting 1-2:30 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>6 10-11 9 Forks Support Group (H) 11:30-12:30 Men's Group (H) 1-2 Womxn's Wellness Group (H) 2-3 Dual Recovery Anon. (H) (LH) 3:30-4:30 LGBTQ+ (H) (LH)</p>	<p>7 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)</p>	<p>8 11-12 Calendar Collaboration (H) 1-2 Music Sharing (H) 2-3 Art from the Heart (IP) 3-4 SLO Hospice Grief Support (H)(LH) 4:30-6:00 Grupo de bienestar emocional (V) (HH)</p>	<p>9 10-11 Chronic Pain & Mental Health (V) CENTER CLOSED 11:30-2:30 For TMHA Staff Meeting 3-4 Dual Recovery Anon. (V) (HH)</p>
<p>12 10:30-11:30 Healthy Habits (V) Center Closed 12:30-3:30 For Staff Development 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>13 CENTER CLOSED 9am-12:30pm 12:30-2:00 Center Rejuvenation (IP) 2-3 Dual Recovery Anon. (H) (LH) 3-4:30 PAAT Meeting @ TMHA (H) 3:30-4:30 Grupo de bienestar emocional (H)(LH)</p>	<p>14 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)</p>	<p>15 10-11 Mastering Meditation (H) 1-2 Music Sharing (H) 2-3 Art from the Heart (IP) 3-4 SLO Hospice Grief Support (H)(LH)</p>	<p>16  12pm-3pm Safe Haven Open House "Be Kind to Your Mind . . . And Body" 3-4 Dual Recovery Anon. (V) (HH)</p>
<p>19 1-2:30 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>20 10-11 9 Forks Support Group (H) 11:30-12:30 Men's Group (H) 1-2 Womxn's Wellness Group (H) 2-3 Dual Recovery Anon. (H) (LH)</p>	<p>21 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 (V)(LH)</p>	<p>22 1-2 Music Sharing (H) 2-3 Art from the Heart (IP) 3-4 SLO Hospice Grief Support (H)(LH) 4:30-6:00 Grupo de bienestar emocional (V) (HH)</p>	<p>23 10-11 Chronic Pain & Mental Health (V) 12pm-3pm Hope House Open House RSVP for a ride Depart SH @ 11:30am 3-4 Dual Recovery Anon. (V) (HH) —Sat: 10-11:30 NAMI Group (IP)</p>
<p>26 10:30-11:30 Healthy Habits (H) 1-2:30 Anxiety & Depression (H) 3-4 Build Your Skills (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>27 10-11 9 Forks Support Group 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (H) (LH) 3-4:30 PAAT Meeting @ TMHA (H) 3:30-4:30 Grupo de bienestar emocional (H)(LH)</p>	<p>28 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+ (H)(LH) 2pm-6pm Santa Maria Wellness Center Open House</p>	<p>29 10-11 Mastering Meditation (H) 1-2 Music Sharing (H) 2-3 Art from the Heart (IP) 3-4 SLO Hospice Grief Support (H)(LH) 2pm-6pm Lompoc Wellness Center Open House</p>	<p>30 10-11 Chronic Pain & Mental Health (V) 11am-3pm Life House Open House RSVP for a ride Depart SH @ 10:15am 3-4 Dual Recovery Anon. (V) (HH)</p>