

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Group Key:</u>                      Virtual Groups (V)                      Outside in Person (OIP)                      In Person (IP)                      Hybrid (Virtual &amp; 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>“There is hope, even when your brain tells you there isn’t.”                      -John Green</p>
<p>3                      10-11 Anger Management (V)                      Center Closed 9-12:30 for Staff Meeting                      1-2:30 Anxiety &amp; Depression (V)                      2:30-3:30 Sound Bath (V)                      5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>4                      10-11 9 Forks Support Group (H)                      11:30-12:30 Men’s Group (H)                      12-2 Peer to Peer (V)                      1-2 Womxn’s Wellness (H)                      2-3 Dual Recovery Anon. (V) (LH)</p>	<p>5                      9:30-10:30 Raqs Sharqi Dance (V) (LH)                      9:30-10:30 Wednesday Walk (OIP)                      11-12 Uplift Yourself (V)                      1:30-2:30 Living Well w/Bipolar (V) (HH)</p>	<p>6                      10-11 Mastering Meditation (H)                      11:30-12:30 Calendar Collaboration (H)                      1-2 Music Sharing (H)                      2-3 Art from the Heart (IP)                      3-4 SLO Hospice Grief Support (V)(LH)</p>	<p>7                      10-11 Chronic Pain &amp; Mental Health (V)                      11-12 Sip &amp; Stroll (OIP)                      1-2:30 Anxiety &amp; Depression (H)                      3-4 LGBTQIA+ (H)                      3-4 Dual Recovery Anon. (V) (HH)</p>
<p>10                      10-11 Anger Management (V)                      10:30-1130 Healthy Habits (H)                      1-2:30 Anxiety &amp; Depression (V)                      2:30-3:30 Sound Bath (V)                      5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>11  <b>CENTER CLOSED</b>  <b>9am-2pm</b>  <b>For Staff Development</b>                      12-2 Peer to Peer (V)                      2-3 Dual Recovery Anon. (V) (LH)                      3-4:30 PAAT Meeting @ TMHA (H)</p>	<p>12                      9:30-10:30 Raqs Sharqi Dance (V) (LH)                      9:30-10:30 Wednesday Walk (OIP)                      11-12 Uplift Yourself (V)                      1:30-2:30 Living Well w/Bipolar (V) (HH)</p>	<p>13                      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)                      4:30-6:00 Grupo de bienestar emocional (V)</p>	<p>14                      10-11 Chronic Pain &amp; Mental Health(V)                      12:30-2:30 Valentines Unity Event                      Depart SH @ 11:45am                      RSVP for a Ride                        3-4 Dual Recovery Anon. (V) (HH)</p>
<p>17                      10-11 Anger Management (V)                      10:30-12 Grover beach Boardwalk (OIP)                      Depart SH @ 10:15                      1-2:30 Anxiety &amp; Depression (V)                      2:30-3:30 Sound Bath (V)                      5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>18                      10-11 9 Forks Support Group (H)                      11:30-12:30 Men’s Group (H)                      12-2 Peer to Peer (V)                      1-2 Womxn’s Wellness (H)                      2-3 Dual Recovery Anon. (V) (LH)</p>	<p>19                      9:30-10:30 Raqs Sharqi Dance (V) (LH)                      9:30-10:30 Wednesday Walk (OIP)                      11-12 Uplift Yourself (V)                      1:30-2:30 Living Well w/Bipolar (V) (HH)</p>	<p>20                      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>21                      10-11 Chronic Pain &amp; Mental Health(V)                      1-2:30 Anxiety &amp; Depression (H)                      3-4 LGBTQIA+ (H)                      3-4 Dual Recovery Anon. (V) (HH)                      Sat: 10-11:30 NAMI Group (IP)</p>
<p>24                      10-11 Anger Management (V)                      10:30-1130 Healthy Habits (H)                      1-2:30 Anxiety &amp; Depression (V)                      2:30-3:30 Sound Bath (V)                      5:30-6:30 Support Group for Suicide Attempt</p>	<p>25                      10-11 9 Forks Support Group (H)                      11:30-12:30 Men’s Group (H)                      12-2 Peer to Peer (V)                      1-2 Womxn’s Wellness (H)                      2-3 Dual Recovery Anon. (V) (LH)                      3-4:30 PAAT Meeting @ TMHA (H)</p>	<p>26                      9:30-10:30 Raqs Sharqi Dance (V) (LH)                      9:30-10:30 Wednesday Walk (OIP)                      11-12 Uplift Yourself (V)                      1:30-2:30 Living Well w/Bipolar (V) (HH)</p>	<p>27                      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)                      4:30-6:00 Grupo de bienestar emocional (V)</p>	<p>28                      10-11 Chronic Pain &amp; Mental Health(V)                      11-12 Sip &amp; Stroll (OIP)                      1-2 Grover Beach Clean-up (OIP)                      Depart SH @ 12:45                      RSVP for Ride                      3-4 Dual Recovery Anon. (V) (HH)</p>