

Safe Haven October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Sunday 9:30-10:30 Book Club: <i>The Myth of Normal</i> by Gabor Mate (V) FINAL MEETING</p> <p>2 Monday 10-11 Gestures of Kindness (H) 11:30-12:30 Women's Group (H) 12:30-1:30 Eating Disorder Support (H) 1:30-2:30 Skill building w/ DBT (H) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>3 9:30-10:30 Raqs Sharqi: Middle Eastern Dance (V) (LH) 10-11 Tuesday Morning Walk (OIP) 11:30-12:30 Men's Group (H) 1:30-3:30 Talks on Trauma (V) 2-3 Dual Recovery Anon. (V)</p>	<p>4 10-12 Peer-to-Peer (V) 12-1 LGBT+ Lunch (H) 1-2 Art Appreciation (V) 1:30-2:30 Living Well w/ Bipolar (V) (HH) 2:30-3:30 SLO Hospice Grief Support (V) (LH)</p>	<p>5 10-11 Earthing (OIP) 10-11 Coping with Loss (V) 1-2 Music Sharing (H) 2-3 Creative Creations (IP)</p>	<p>6 10-11 Chronic Pain & Mental Health(V) 11-1 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding and Mindfulness (IP) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V)</p>
<p>9 10-11 Gestures of Kindness (H) 11:30-12:30 Women's Group (H) 12:30-1:30 Eating Disorder Support (H) 1:30-2:30 Skill building w/ DBT (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>10 9:30-10:30 Raqs Sharqi: Middle Eastern Dance (V) (LH) 10-11 Tuesday Morning Walk (OIP) 11:30-12:30 Men's Group (H) 2-3 Dual Recovery Anon. (V) 3-4:30 PAAT Meeting (H) @TMHA</p>	<p>11 10:30-11:30 Gentle Yoga w/Kolleen (IP) 12-1 LGBT+ Lunch - Party edition (H) 1:30-2:30 Living Well w/ Bipolar (V) (HH) 2:30-3:30 SLO Hospice Grief Support (V) (LH) 3-4:30 Chattin' with the Chief (H)</p>	<p>12 10-11 Earthing (OIP) 10-11 Coping with Loss (V) 1-2 Music Sharing (H) DRUM CIRCLE @ SH 3-4 pm</p>	<p>13 CENTER CLOSED FOR STAFF DEVELOPMENT 10-11 Chronic Pain & Mental Health(V) 2:30-3:30 Anxiety & Depression (V) 3-4 Dual Recovery Anon. (V)</p>
<p>16 10-11 Gestures of Kindness (H) 11:30-12:30 Women's Group (H) 12:30-1:30 Eating Disorder Support (H) 1:30-2:30 Skill building w/ DBT (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>17 9:30-10:30 Raqs Sharqi: Middle Eastern Dance (V) (LH) 10-11 Tuesday Morning Walk (OIP) 11:30-12:30 Men's Group (H) 1:30-3:30 Talks on Trauma (V) 2-3 Dual Recovery Anon. (V)</p>	<p>18 10-12 Peer-to-Peer (V) 12-1 LGBT+ Lunch (H) 1-2 Art Appreciation (V) 1:30-2:30 Living Well w/ Bipolar (V) (HH) 2:30-3:30 SLO Hospice Grief Support (V) (LH)</p>	<p>19 10-11 Earthing (OIP) 10-11 Coping with Loss (V) 1-2 Music Sharing (H) 2-3 Creative Creations (IP)</p>	<p>20 10-11 Chronic Pain & Mental Health(V) 11-1 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding and Mindfulness (IP) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V)</p>
<p>23 10-11 Gestures of Kindness (H) 11:30-12:30 Women's Group (H) 12:30-1:30 Eating Disorder Support (H) 1:30-2:30 Skill building w/ DBT (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>24 9:30-10:30 Raqs Sharqi: Middle Eastern Dance (V) (LH) 10-11 Tuesday Morning Walk (OIP) 11:30-12:30 Men's Group (H) 11-12 Meditation (V) (LH) 3-4:30 PAAT Meeting (H) @TMHA</p>	<p>25 10-12 Peer-to-Peer (V) 10:30-11:30 Gentle Yoga w/Kolleen (IP) 12-1 LGBT+ Lunch (H) 1-2 Art Appreciation (V) 1:30-2:30 Living Well w/ Bipolar (V) (HH) 2:30-3:30 SLO Hospice Grief Support (V) (LH)</p>	<p>26 10-11 Earthing (OIP) 10-11 Coping with Loss (V) 1-2 Music Sharing (H) 2-3 Creative Creations (IP)</p>	<p>27 10-11 Chronic Pain & MH (V) 11-1 Andreini's Sip & Stroll (OIP) 1:30-2:30 Grounding and Mindfulness (IP) 2:30-3:30 Anxiety & Depression (H) 3-4 Dual Recovery Anon. (V)</p>
<p>30 10-11 Gestures of Kindness (H) 11:30-12:30 Women's Group (H) 12:30-1:30 Eating Disorder Support (H) 1:30-2:30 Skill building w/ DBT (H) 2:30-3:30 Sound Bath (V) 5:30-6:30 Support Group for Suicide Attempt Survivors (V)</p>	<p>31 9:30-10:30 Raqs Sharqi: Middle Eastern Dance (V) (LH) Halloween Bash 11:30-1:30 @ Pismo Vet's Hall Please RSVP! Rides available 2-3 Dual Recovery Anon. (V)</p>	<p>"If you possess enough courage to speak out what you are, you will find you are not alone." — Richard Wright</p>	<p>HOPE HOUSE (HH) 1306 NIPOMO ST SLO CA 93401 805-541-6813 LIFE HOUSE (LH) 5850 W MALL ST ATASCADERO 805-464-0512</p>	<p>28 Saturday 10-11:30 NAMI Family Support Group (IP) Virtual Groups: (V) Outside In Person: (OIP) In Person: (IP) Hybrid (IP & V): now shown as (H)/(H)</p>