

Wellness Center In Person Groups

Hope House / San Luis Obispo Wellness Center

1306 Nipomo Street / 805-541-6813 / mmadgett@t-mha.org

Mondays

Music Sharing (12:30–2:00pm)

Join us for tunes and tracks that inspire and relax.

Gardening Group (3:00–4:30pm)

Nature, sunshine, good company, and vine-ripe tomatoes.

Wednesdays

Walkabouts (2:30–5:00pm)

Explore our city, from thrift stores to historic sites.

Mental Health Movie + Discussion (2:30–5:00pm)

Are you a movie-goer? This group is for you!

Thursdays

Celebrations & Personal Victories (1:00–2:00pm)

A new group that focuses on what we're doing well.

Dr. Moreno's Group (2:30–4:00pm)

A long-standing talk therapy group with Dr. Moreno.

Tuesdays

Walking Group (9:30–10:30am)

A lively group for building strength & stamina together.

Joy on Purpose! (2:00–3:00pm)

Learn relaxation techniques and fun ways to tackle social anxiety.

LGBTQIA+ Telling the Stories of Wellness (3:00–4:00, 1st Wednesdays)

A safe space to celebrate how we're living well.

Fridays

Art & Chill (12:30–2:30pm)

With new projects each week, we find peace of mind through creative expression.

Friday Hangouts (12:00–3:00pm)

Join for light lunch-on-the-patio, art, music, games, or just hang out