

Hope House January 2024 Group Calendar

Group Rules

1. If you are more than 15 minutes late for your group, you will NOT be allowed to participate.
2. If you are believed to be under the influence of drugs or alcohol, you will not be allowed to participate.
3. Please make sure that your phones are turned off/ on silent.
4. If you are are sick (ex. fever, coughing, sneezing, nauseous, etc.), please do NOT come to Hope House for the safety of self and others.
5. Intimate partner couples may not attend any groups together.

Group Expectations:

Open Mind: Group members are expected to come with an open mind to receive and share information that may/ may not align with their beliefs and/or experiences.
Discomfort: Group members may experience emotional/ mental discomfort. Group members are encouraged to take care of themselves and ask for what they need if this occurs. If something comes up for you before, during, or after the group, please reach out to a staff member.
Accountability: Group members are expected to take accountability for their words and actions towards self and others. You may not intend to hurt someone, but it can still leave an impact.
Respect: Group members are expected to show respect towards self and others.
Confidentiality: Group members are expected to maintain confidentiality at all times. Share the lessons that you learned, but not the personal stories shared by other group members.
Participation: Group members are expected to come to the group ready to participate with focus, vulnerability, and support for others.
Distractions: Group members are expected to minimize distractions, including texting, answering phone calls, getting up and down, etc. If you have an emergency, please exit quietly.
Assertiveness: Group members are expected to use "I" statements when sharing perspectives.

***You must contact Erica or Jessica first before being able to participate in the Mama Bear group on Tuesdays.**

Day	Date	Group Time	Group Name	Facilitator
Thursday	Jan. 4	9:30am-10:30am	Healthy Relationships	Brandi
		11am-12pm	Spirituality	Alyce
Friday	Jan. 5	9am-10am	Women of Strength	Mary & Sarah
		10:15am-11:15am	Health & Wellness	Monica
		NO IN PERSON SERVICES AFTER 12PM		
Monday	Jan. 8	9:30am-10:30am	Living in a Troubled World	Chelsea & Shenita
		11am-12pm	Men of Hope (men only)	Chris & Denford
Tuesday	Jan. 9	9am-10am	Expressive Arts Therapy	Audrie & Mary
		10:30am- 11:30am	Mindfulness & Support	Sarah
		2pm-3pm	*Mama Bear Group	Erica & Jessica
Wednesday	Jan. 10	9am-10am	CANCELLED	
		12:15pm-1:15pm	The Umbrella Group	Sarah
		1:30pm-2:30pm	Life Skills	Chelsea, Haley, & Shenita
Thursday	Jan. 11	9:30am-10:30am	CANCELLED	
		11am-12pm	Spirituality	Alyce
Friday	Jan. 12	9am-10am	Women of Strength	Mary & Sarah
		10:15am-11:15am	Health & Wellness	Monica
		NO IN PERSON SERVICES AFTER 12PM		
Monday	Jan. 15	HOPE HOUSE CLOSED FOR ALL SERVICES		

Tuesday	Jan. 16	9am-10am	Expressive Arts Therapy	Audrie & Mary
		10:30am- 11:30am	Mindfulness & Support	Sarah
		2pm-3pm	*Mama Bear Group	Erica & Jessica
Wednesday	Jan. 17	9am-10am	CANCELLED	
		12:15pm-1:15pm	The Umbrella Group	Sarah
		1:30pm-2:30pm	Life Skills	Chelsea, Haley, & Shenita
Thursday	Jan. 18	9:30am-10:30am	CANCELLED	
		11am-12pm	CANCELLED	
		6:30pm-7:30pm	Support Group (for working clients ONLY)	Zoom/ Virtual
Friday	Jan. 19	9am-10am	Women of Strength	Mary & Sarah
		10:15am-11:15am	Health & Wellness	Monica
		NO IN PERSON SERVICES AFTER 12PM		
NO IN PERSON SERVICES AFTER 12PM				
Monday	Jan. 22	9:30am-10:30am	Living in a Troubled World	Chelsea & Shenita
		11am-12pm	Men of Hope (men only)	Chris & Denford
Tuesday	Jan. 23	9am-10am	Expressive Arts Therapy	Audrie & Mary
		10:30am- 11:30am	Mindfulness & Support	Sarah
		2pm-3pm	*Mama Bear Group	Erica & Jessica
Wednesday	Jan. 24	9am-10am	Addiction & Trauma	Brandi
		12:15pm-1:15pm	The Umbrella Group	Sarah
		1:30pm-2:30pm	Life Skills	Chelsea, Haley, & Shenita
Thursday	Jan. 25	SOCIAL SERVICES CLOSED FOR ALL SERVICES		
Friday	Jan. 26	9am-10am	Women of Strength	Mary & Sarah
		10:15am-11:15am	Health & Wellness	Monica
		NO IN PERSON SERVICES AFTER 12PM		
NO IN PERSON SERVICES AFTER 12PM				
Monday	Jan. 29	9:30am-10:30am	Living in a Troubled World	Chelsea & Shenita
		11am-12pm	All about the Benjamins	Sondra
Tuesday	Jan. 30	9am-10am	Expressive Arts Therapy	Audrie & Mary
		10:30am- 11:30am	Mindfulness & Support	Sarah
		2pm-3pm	*Mama Bear Group	Erica & Jessica
Wednesday	Jan. 31	9am-10am	Addiction & Trauma	Brandi
		12:15pm-1:15pm	The Umbrella Group	Sarah
		1:30pm-2:30pm	Life Skills	Chelsea, Haley, & Shenita