

Hope House April 2026 Group Calendar
*****All groups will be held at 1516 Union Ave.*****

Group Rules

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| 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 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:

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| 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. |

Groups that require pre-approval to attend	Must Meet with
The Way Makers	Erica or Jessica
Soul Connection	Sarah
All in the Family (IPV/Family Violence)	Brandi
Reflections (SA)	Brandi

Day	Date	Group Time	Group Name	Facilitator	Max # of clients
Wednesday	Apr. 1	9:30am-10:30am	Ground and Grow	Haley & Shenita	
		11am-12pm	Addiction & Trauma	Monica	10
		12:15pm-1:15pm	CANCELLED	Sarah	
		1:30pm-2:30pm	Roots to Bloom	Jessica	
Thursday	Apr. 2	9:30am-10:30am	Finding Hope	Haley	10
		11am-12pm	Spirituality	Alyce	
Friday	Apr. 3	Hope House Closed For All Services			
Monday	Apr. 6	Hope House Closed For All Services			8
Tuesday	Apr. 7	9:15am-10:15am	Expressive Arts Therapy	Audrie & Mary	15
		10:30am- 11:30am	Mindfulness & Support	Sarah	
		1pm-2pm	*The Way Makers	Erica & Jessica	
Wednesday	Apr. 8	9:30am-10:30am	Ground and Grow	Haley & Shenita	
		11am-12pm	Addiction & Trauma	Monica	10
		12:15pm-1:15pm	*Soul Connection	Sarah	
		1:30pm-2:30pm	Roots to Bloom	Jessica	
Thursday	Apr. 9	9:30am-10:30am	Finding Hope	Haley	10
		11am-12pm	Spirituality	Alyce	
Friday	Apr. 10	9:15am-10:15am	*Strength through Emotional Regulation	Mary & Sarah	
		10:30am-11:30am	Health & Wellness	Monica	
		NO IN PERSON SERVICES AFTER 12PM			
Monday	Apr. 13	9am-10am	*All in the Family	Brandi	8
		11am-12pm	*Reflections (SA)	Brandi	8
		1:30-2:30pm	Life Skills	Staff	
Tuesday	Apr. 14	9:15am-10:15am	Expressive Arts Therapy	Audrie & Mary	15
		10:30am- 11:30am	Mindfulness & Support	Sarah	
		1pm-2pm	*The Way Makers	Erica & Jessica	
Wednesday	Apr. 15	9:30am-10:30am	Ground and Grow	Haley & Shenita	
		11am-12pm	Addiction & Trauma	Monica	10
		12:15pm-1:15pm	*Soul Connection	Sarah	
		1:30pm-2:30pm	Roots to Bloom	Jessica	
Thursday	Apr. 16	10am-12pm	Client's Day Out		
Friday	Apr. 17	9:15am-10:15am	*Strength through Emotional Regulation	Mary & Sarah	
		10:30am-11:30am	Health & Wellness	Monica	
		NO IN PERSON SERVICES AFTER 12PM			

Monday	Apr. 20	9am-10am	*All in the Family	Brandi	8
		11am-12pm	*Reflections (SA)	Brandi	8
		1:30-2:30pm	Life Skills	Staff	
Tuesday	Apr. 21	9:15am-10:15am	Expressive Arts Therapy	Audrie & Mary	15
		10:30am- 11:30am	Mindfulness & Support	Sarah	
		1pm-2pm	*The Way Makers	Erica & Jessica	
Wednesday	Apr. 22	9:30am-10:30am	Ground and Grow	Haley & Shenita	
		11am-12pm	Addiction & Trauma	Monica	10
		12:15pm-1:15pm	*Soul Connection	Sarah	
		1:30pm-2:30pm	Roots to Bloom	Jessica	
Thursday	Apr. 23	9:30am-10:30am	Finding Hope	Haley	10
		11am-12pm	Spirituality	Alyce	
Friday	Apr. 24	9:15am-10:15am	*Strength through Emotional Regulation	Mary & Sarah	
		10:30am-11:30am	Health & Wellness	Monica	
		NO IN PERSON SERVICES AFTER 12PM			
Monday	Apr. 27	9am-10am	*All in the Family	Brandi	8
		11am-12pm	*Reflections (SA)	Brandi	8
		1:30-2:30pm	Life Skills	Staff	
Tuesday	Apr. 28	9:15am-10:15am	Expressive Arts Therapy	Audrie & Mary	15
		10:30am- 11:30am	Mindfulness & Support	Sarah	
		1pm-2pm	*The Way Makers	Erica & Jessica	
Wednesday	Apr. 29	9:30am-10:30am	Ground and Grow	Haley & Shenita	
		11am-12pm	Addiction & Trauma	Monica	10
		12:15pm-1:15pm	*Soul Connection	Sarah	
Thursday	Apr. 30	1:30pm-2:30pm	Roots to Bloom	Jessica	
		9:30am-10:30am	CANCELLED	Haley	10
		11am-12pm	Spirituality	Alyce	