

Hope House October 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 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.

Groups that require pre-approval to attend	Must Meet with
Mama Bear Group	Erica or Jessica
Umbrella Group	Sarah
Healing Together (Domestic Violence)	Brandi
Hope Haven (Sexual Trauma)	Brandi

Day	Date	Group Time	Group Name	Facilitator
Tuesday	Oct. 1	9:15am-10:15am	Expressive Arts Therapy	Audrie & Mary
		10:30am- 11:30am	CANCELLED	
Wednesday	Oct. 2	2pm-3pm	*Mama Bear Group (virtual)	Erica & Jessica
		9:15am-10:15am	* Healing Together (DV)	Brandi
		12:15pm-1:15pm	CANCELLED	
Thursday	Oct. 3	1:30pm-2:30pm	Life Skills	Haley & Shenita
		9:30am-10:30am	* Hope Haven (SA)	Brandi
		11am-12pm	Spirituality	Alyce
Friday	Oct. 4	9:15am-10:15am	CANCELLED	
		10:30am-11:30am	CANCELLED	
NO IN PERSON SERVICES AFTER 12PM				
Monday	Oct. 7	11am-12pm	CANCELLED	
Tuesday	Oct. 8	9:15am-10:15am	Expressive Arts Therapy	Audrie & Mary
		10:30am- 11:30am	Mindfulness & Support	Sarah
Wednesday	Oct. 9	2pm-3pm	CANCELLED	
		9:15am-10:15am	CANCELLED	
		12:15pm-1:15pm	*The Umbrella Group	Sarah
Thursday	Oct. 10	1:30pm-2:30pm	Life Skills	Haley & Shenita
		9:30am-10:30am	* Hope Haven (SA)	Brandi
Friday	Oct. 11	11am-12pm	CANCELLED	
		9:15am-10:15am	Women of Strength	Mary & Sarah
		10:30am-11:30am	Health & Wellness	Monica
NO IN PERSON SERVICES AFTER 12PM				
Monday	Oct. 14	11am-12pm	CANCELLED	
Tuesday	Oct. 15	9:15am-10:15am	Expressive Arts Therapy	Audrie & Mary
		10:30am- 11:30am	Mindfulness & Support	Sarah
Wednesday	Oct. 16	2pm-3pm	*Mama Bear Group (virtual)	Erica & Jessica
		9:15am-10:15am	* Healing Together (DV)	Brandi
		12:15pm-1:15pm	*The Umbrella Group	Sarah
Thursday	Oct. 17	1:30pm-2:30pm	Life Skills	Haley & Shenita
		9:30am-10:30am	* Hope Haven (SA)	Brandi
		11am-12pm	Spirituality	Alyce

Day	Date	Group Time	Group Name	Facilitator
Friday	Oct. 18	1pm-2pm	Women of Strength	Mary & Sarah
		10:15am-11:15am	CANCELLED	
NO IN PERSON SERVICES AFTER 12PM				
Monday	Oct. 21	11am-12pm	All about the Benjamins	Sondra
Tuesday	Oct. 22	9:15am-10:15am	Expressive Arts Therapy	Audrie & Mary
		10:30am- 11:30am	Mindfulness & Support	Sarah
		2pm-3pm	*Mama Bear Group (virtual)	Erica & Jessica
Wednesday	Oct. 23	9:15am-10:15am	* Healing Together (DV)	Brandi
		12:15pm-1:15pm	*The Umbrella Group	Sarah
		1:30pm-2:30pm	Life Skills	Haley & Shenita
Thursday	Oct. 24	10am-12pm	CLIENT'S DAY OUT	
Friday	Oct. 25	9:15am-10:15am	Women of Strength	Mary & Sarah
		10:30am-11:30am	Health & Wellness	Monica
NO IN PERSON SERVICES AFTER 12PM				
Monday	Oct. 28	11am-12pm	All about the Benjamins	Sondra
Tuesday	Oct. 29	9:15am-10:15am	Expressive Arts Therapy	Audrie & Mary
		10:30am- 11:30am	CANCELLED	
		2pm-3pm	*Mama Bear Group (virtual)	Erica & Jessica
Wednesday	Oct. 30	9:15am-10:15am	* Healing Together (DV)	Brandi
		12:15pm-1:15pm	CANCELLED	
		1:30pm-2:30pm	Life Skills	Haley & Shenita
Thursday	Oct. 31	9:30am-10:30am	* Hope Haven (SA)	Brandi
		11am-12pm	Spirituality	Alyce