## Mendocino Coast Hospitality Center (707) 961-0172 | www.mendocinochc.org

## October 2023 Groups

Sunday	Monday	Tuesday		Wednesday	Thursday	Friday	Saturday
Lunch: Our Lady of Good Counsel 605 Maple Street 12:00 pm	Community 9:00 am Housing Service Walk-in's 10:00-12:00 Life Skills 11:00 am Art 1:00 pm	Community 9:00 am  AA Meeting 11:00 am  Yoga 1:00 pm	3	Community 9:00am  Street Medicine Clinic 9-11:30 am  Nutrition 10:00 am  Application Assistance 11:00 am	Community 9:00 am  Stress Management 11:00 am  Collage Therapy 1:00 pm  NA Meeting 6:00 pm	Community 9:00 am  Anger Management 10:00 am  Rock Painting 11:00am  Housing Service Walk in's  1:00-3:00 pm  Movie 1:00 pm	Lunch: Across from Library East Laurel Street 3:00 pm
Lunch: Our Lady of Good Counsel 605 Maple Street 12:00 pm	CLOSED	Community 9:00 am  AA Meeting 11:00 am  Yoga 1:00 pm	10	Community 9:00am Street Medicine Clinic 9-11:30 am Nutrition 10:00 am Application Assistance 11:00 am	Community 9:00 am Stress Management 11:00 am Collage Therapy 1:00 pm NA Meeting 6:00 pm	Community 9:00 am  Anger Management 10:00 am  Rock Painting 11:00am  Housing Service Walk in's  1:00-3:00 pm  Movie 1:00 pm	Lunch: Across from Library East Laurel Street 3:00 pm
Lunch: Our Lady of Good Counsel 605 Maple Street 12:00 pm	Community 9:00 am Housing Service Walk-in's 10:00-12:00 Life Skills 11:00 am Art 1:00 pm	Community 9:00 am  AA Meeting 11:00 am  Yoga 1:00 pm	17	Community 9:00am Street Medicine Clinic 9-11:30 am Nutrition 10:00 am Application Assistance 11:00 am	Community 9:00 am Stress Management 11:00 am Collage Therapy 1:00 pm NA Meeting 6:00 pm	Community 9:00 am  Anger Management 10:00 am  Rock Painting 11:00am  Housing Service Walk in's  1:00-3:00 pm  Movie 1:00 pm	Lunch: Across from Library East Laurel Street 3:00 pm
Lunch: Our Lady of Good Counsel 605 Maple Street 12:00 pm	Community 9:00 am Housing Service Walk-in's 10:00-12:00 Life Skills 11:00 am Art 1:00 pm	Community 9:00 am  AA Meeting 11:00 am  Yoga 1:00 pm	24	Community 9:00am  Street Medicine Clinic 9-11:30 am  Nutrition 10:00 am  Application Assistance 11:00 am	Community 9:00 am Stress Management 11:00 am Collage Therapy 1:00 pm NA Meeting 6:00 pm	Community 9:00 am  Anger Management 10:00 am  Rock Painting 11:00am  Housing Service Walk in's  1:00-3:00 pm  Movie 1:00 pm	Lunch: Across from Library East Laurel Street 3:00 pm
Lunch: Our Lady of Good Counsel 605 Maple Street 12:00 pm	Community 9:00 am Housing Service Walk-in's 10:00-12:00 Life Skills 11:00 am Art 1:00 pm	Community 9:00 am  AA Meeting 11:00 am  Yoga 1:00 pm	31				