



THE HOPE CENTER

May Schedule



Monday

Tuesday

Wednesday

Thursday

Friday

Special Events!

May 5th @ 4pm



Cinco de Mayo Celebration
Wear your festive fit and join us for some yummy dishes.

May 26th @ 4pm



Movie night
Join us as we learn about traditions while you enjoy shaved ice

2:00pm



Mindfulness & Meditation

Give yourself a chance to take a deep breath. Learn grounding techniques & self love tools.

4:00pm

Early Recovery

Problems with the law, homelessness and isolation? Every day is a new opportunity to start over. Learn the tools & skills necessary to break the chains of addiction.

5:30pm



Creative Writing & Reading workshop

Join us on a journey of self-expression & imagination. Share your inspirations and explore new literature.



Dancing with the Stars!

You don't need to be a pro dancer to have fun with us! Come learn new steps & enjoy the great music & a positive vibe!



Job Quest

Learn how to build a resume Explore different careers & discover how to access the field that best fits your personality & aptitude.

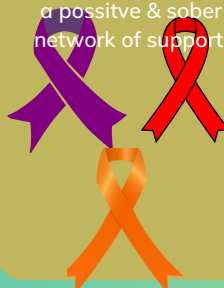
Urban Arts & Crafts

Art is all around us. Learn & practice different art forms. Discuss how art influences & shapes the world.



Relapse Prevention

Learn the skills required to take back control of our decision-making process. Create your individualized "Relapse Prevention Plan" & build a positive & sober network of support.



Hope Advisory 4:45pm-5:30pm

Join us in developing new ideas for the HOPE Center. Build your resume & skills around leadership.



Allies of HOPE

Let's support each other in this safe space! Join us to discuss & learn about the different spectrums of sexuality, genders, pronouns & much more!

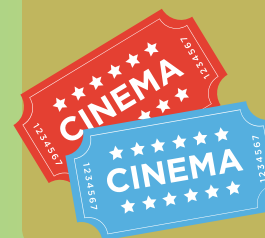


How to Build & Keep Healthy Relationships

Learn to advocate for yourself through effective communication that will open the doors to long lasting relationships.

Movie/Game Night

Come join us for movie/games, popcorn and fun. Let's laugh, cry, and scream together.



Walk-ins welcomed! Monday, Wednesday, Thursday 9am to 5:30pm
Tuesday, Friday 10:30am to 7:00pm
Call for information @ (408) 335-9256
232 E. Gish Rd., San Jose, CA 95112

