



HOPE DROP-IN CENTER

April Schedule

April 19th
Hope Center Closed



Special Events!

"Look-a like Day"
Friday, April 5 @ 4pm



Dress-up as twins
Pick an outfit and a partner and join in the fun

"Celebration Culture"
April 12th @3pm



Join us as we explore our countries, cultures and traditions. Bring a favorite dish for PotLuck.

Monday Tuesday Wednesday Thursday Friday



Mindfulness & Meditation

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



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.



How to Build & Keep Healthy Relationships

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

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.

Hope Advisory

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!

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.



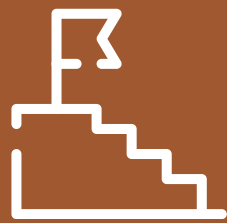
Urban Arts & Crafts

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



Movie/Game Night

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



2:00pm

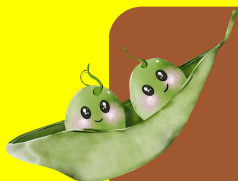
4:00pm

5:30pm



Pacific Clinics

A member of Light Family Services and Pacific Clinics



Monday, Wednesday 9am to 5:30pm
Thursday 10:30am-5pm
Tuesday, Friday 10:30am to 7:00pm
For more information (408) 335-9256
232 E. Gish Rd., San Jose, CA 95112

