



Pacific Clinics: Hope Drop-In Center

July 2025 Schedule



Monday

2:00pm

Basic Life Skills

Explore and learn about basic life skills that include cooking, cleaning, school, health and more

4:00pm

Creative Writing & Reading workshop

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

Tuesday

Mindfulness & Meditation/ Gardening

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

Early Recovery

Every day is a new opportunity to start over. Learn the tools & skills necessary to break the chains of addiction.



Wednesday

Weekly Hike
Please review monthly calendar for details



Thursday

Job Quest

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

Relapse Prevention

Learn the skills to take back your life. Create your individualized "Relapse Prevention Plan" & build a sober network of support

Friday

Please connect with Hope Drop-in Center staff for details

California's
Great America



FUN

FRIDAY

