

# The Hope Center Calendar

2933 H St., Eureka, CA, 95501

707-441-3783

[HopeCenter@co.humboldt.ca.us](mailto:HopeCenter@co.humboldt.ca.us)

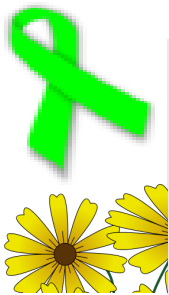
[HumboldtGov.org/HopeCenter](http://HumboldtGov.org/HopeCenter)



# APRIL

# 2026

Mondays	Wednesdays	Thursdays	Fridays
Open 9 a.m.- 4 p.m.	Open 9 a.m.- 4 p.m.	Open 9 a.m.- 4 p.m.	Open 9 a.m.- 4 p.m.
<u>9 a.m.</u> Coffee w/Peers <u>9:30 a.m.</u> Connections <u>10 a.m.</u> D.N.D. <u>11 a.m.</u> Facing challenges <u>1 p.m.</u> Art	<u>9 a.m.</u> Coffee w/Peers <u>9:30 a.m.</u> WELL Class <u>11:30 a.m.</u> Music w/JR <u>Noon</u> Sewing	<u>9 a.m.</u> Positive Start <u>10 a.m.</u> Replica Models <u>10:30 a.m.</u> Gardening <u>Noon</u> Video Gaming <u>1 p.m.</u> Beading	<u>9 a.m.</u> Coffee w/peers <u>9:30 a.m.</u> Meditation <u>Noon</u> Sewing <u>Noon</u> Karaoke <u>1 p.m.</u> Self-esteem



We provide rides to and from on Monday, Wednesday and Friday  
 Call before 9 a.m. to get on the list.  
 Rides home begin at 2:30 p.m.

## Tuesdays

One-on-one Peer support call to schedule with Jim, Julie or Rhonda

## Tuesday, April 7 at noon

Sign up at front desk for Super Mario Galaxy Movie 3D.

## Thursday, April 9 and 23, 3:30 p.m.

May is Mental Health Month

Meeting Contact Rhonda for more information



**Participant spotlight  
 Coming soon!**  
 Stop by the suggestion box to nominate someone that you feel has been working hard towards their mental health or has made a big impact on your journey.

## Wednesday, April 15

Community meeting 10:30 a.m.

Please join us to discuss new changes and your thought about Hope Center. All Attendees will have an opportunity to win a gift card!

## Healthy Harvest 11 a.m.



Don't forget to sign up at front desk for Protein

Hope Centers running low on bags so please bring your own.

## BINGO 1 p.m.



Tuesday, April 22 at 3:30 p.m. BINGO

Friday, April 24 at 10 a.m., Picnic at Carson Park

Tuesday, April 28 at 11 a.m.

Sign up at front desk for Bowling



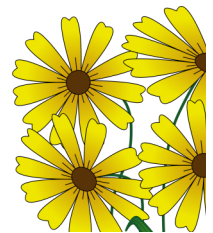
## Contact information

Name	Email	Numbers
Hope Center	Hopecenter@co.humboldt.ca.us	707-441-3783
Rhonda Oeth Peer Coach II	Roeth@co.humboldt.ca.us	707-572-7639
Jim Woolsey Peer Coach II	Jwoolsey@co.humboldt.ca.us	707-298-3744
Julie O'neale Peer Coach I	Joneale@co.humboldt.ca.us	707-599-7492
Jonathon Peer Coach I	Jmansfield@co.humboldt.ca.us	707-298-3058

## Practicing wellness with Hope Center

Did you know that mindful breathing for your mental health can help with a verity of different

- ⇒ Mental clarity
- ⇒ Reducing anxiety
- ⇒ Lowers stress hormones
- ⇒ Helps calm the mind
- ⇒ Improves focus and sleep
- ⇒ And many more benefits.



Hope Center invites you to practice 4-7-8 breathing with us. For one week, when you feel stress or anxiety, try inhaling through your nose for four seconds, hold it for seven seconds and exhale slowly through your mouth for eight seconds.

When you're done, come share how it worked for you.

Did you like it or hate it? Was it helpful?

Did you learn something new? We want to hear from you!



## Other useful information

Resource	Contact
Behavioral Health	707-268-2990
Crisis Services 24hr	707-445-7715
Patients Rights Advocate Services	800-970-5816
Betty Kwan Chinn Day Center	707-407-3833 address: 133 Seventh St. Eureka, CA
Food for People	707-407-0447 address: 307 W 14th St. Eureka, CA
St. Vincent de Paul Society (Free meal)	707-445-9588 address: 35 Third St. Eureka, CA