







# Derry - March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>CLOSED</b>	2 DAILY CHECK-IN / MOVING TOWARDS 10:30AM LAUGHING GROUP 11:00AM PRINCIPLES AND TASKS 12:30PM SMOKING CESSATION 1:30PM <b>FIELD TRIP SIGN UPS END</b>	3 DAILY CHECK-IN / MOVING TOWARDS 10:30AM STRONG FEELINGS 11:00AM CREATIVE ARTS 12:30PM MUSIC APPRECIATION 1:30PM	4  JOIN US AS WE VISIT NEXT STEP PEER SUPPORT IN LEBANON, AN THEN HEAD OVER TO THE HOOD MUSUEUM AT DARTMOUTH. WE WILL BE LEAVING AT 9:30 AM AND RETURNING AT 2:30PM THE CENTER WILL BE CLOSED. <b>SIGN UPS REQUIRED.</b>	5 DAILY CHECK-IN / MOVING TOWARDS 10:30AM MEMBER DRIVEN GROUP 11:00AM TOPICS IN WRAP 12:30PM 10 VALUES OF IPS 1:30PM	6 DAILY CHECK-IN / MOVING TOWARDS 10:30AM STRESS MANAGEMENT & RELAXATION 11:00AM HEALTHY LIVING 12:30PM SOCIAL GROUP 1:30PM	7 WEEKEND RELIEF OPEN 8:30AM-12:30PM
8 <b>CLOSED</b>	9 DAILY CHECK-IN / MOVING TOWARDS 10:30AM LAUGHING GROUP 11:00AM PRINCIPLES AND TASKS 12:30PM LIFE SKILLS 1:30PM	10 DAILY CHECK-IN / MOVING TOWARDS 10:30AM UNDERSTANDING AND MANAGING YOUR EMOTIONS 11:00AM CREATIVE ARTS 12:30PM MUSIC APPRECIATION 1:30PM <b>LAST DAY TO SIGN UP FOR ST. PATRICKS DAY PARTY</b>	11 DAILY CHECK-IN / MOVING TOWARDS 10:30AM CONVERSATIONS OF HOPE 11:00AM TED TALKS 12:30PM JOURNALING 1:30PM	12 DAILY CHECK-IN / MOVING TOWARDS 10:30AM MEMBER DRIVEN GROUP 11:00AM TOPICS IN WRAP 12:30PM 10 VALUES OF IPS 1:30PM	13 DAILY CHECK-IN / MOVING TOWARDS 10:30AM STRESS MANAGEMENT & RELAXATION 11:00AM HEALTHY LIVING 12:30PM SOCIAL GROUP 1:30PM	14 WEEKEND RELIEF OPEN 8:30AM-12:30PM
15 <b>CLOSED</b>	16 DAILY CHECK-IN / MOVING TOWARDS 10:30AM LAUGHING GROUP 11:00AM PRINCIPLES AND TASKS 12:30PM LIFE SKILLS 1:30PM	17 DAILY CHECK-IN / MOVING TOWARDS 10:30AM STRONG FEELINGS 11:00AM CREATIVE ARTS 12:30PM MUSIC APPRECIATION 1:30PM	18 <b>COMMUNITY MEETING / ST. PATRICKS DAY POTLUCK + PARTY</b> 11:00 AM COMMUNITY MEETING POTLUCK + PARTY 12:00PM-2:30PM SIGN-UPS REQUIRED AND END MARCH 10TH 	19 DAILY CHECK-IN / MOVING TOWARDS 10:30AM MEMBER DRIVEN GROUP 11:00AM TOPICS IN WRAP 12:30PM 10 VALUES OF IPS 1:30PM	20 DAILY CHECK-IN / MOVING TOWARDS 10:30AM STRESS MANAGEMENT & RELAXATION 11:00AM HEALTHY LIVING 12:30PM SOCIAL GROUP 1:30PM <b>Welcome Spring!</b>	21 WEEKEND RELIEF OPEN 8:30AM-12:30PM
22 <b>CLOSED</b>	23 DAILY CHECK-IN / MOVING TOWARDS 10:30AM LAUGHING GROUP 11:00AM PRINCIPLES AND TASKS 12:30PM LIFE SKILLS 1:30PM	24 DAILY CHECK-IN / MOVING TOWARDS 10:30AM UNDERSTANDING AND MANAGING YOUR EMOTIONS 11:00AM CREATIVE ARTS 12:30PM MUSIC APPRECIATION 1:30PM	25 DAILY CHECK-IN / MOVING TOWARDS 10:30AM CONVERSATIONS OF HOPE 11:00AM TED TALKS 12:30PM JOURNALING 1:30PM	26 DAILY CHECK-IN / MOVING TOWARDS 10:30AM MEMBER DRIVEN GROUP 11:00AM TOPICS IN WRAP 12:30PM 10 VALUES OF IPS 1:30PM	27 DAILY CHECK-IN / MOVING TOWARDS 10:30AM NEW MEMBER ORIENTATION 11:00AM STRESS MANAGEMENT & RELAXATION 11:00AM HEALTHY LIVING 12:30PM SOCIAL GROUP 1:30PM	28 WEEKEND RELIEF OPEN 8:30AM-12:30PM
29 <b>CLOSED</b>	30 DAILY CHECK-IN / MOVING TOWARDS 10:30AM LAUGHING GROUP 11:00AM PRINCIPLES AND TASKS 12:30PM LIFE SKILLS 1:30PM	31 DAILY CHECK-IN / MOVING TOWARDS 10:30AM STRONG FEELINGS 11:00AM CREATIVE ARTS 12:30PM MUSIC APPRECIATION 1:30PM	 We try our best to follow the schedule, but hey, life happens! Should there be a change to the schedule we will post notices around the center as soon as possible.		<b>LIFE SKILLS GROUP: BREAKFAST TECHNIQUES</b>	 <b>NEW GROUP: NEW MEMBER ORIENTATION ON THE LAST FRIDAY OF THE MONTH</b>