







Derry - August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>This month's Life Skills group will be about goal setting. We will talk about SMART goals, introduce WHAM, and other methods of goal setting.</p> <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p><u>SET GOALS</u></p> <ol style="list-style-type: none"> 1. 2. 3. </div> 			 <p>BOARD MEETING Thursday August 20th 6:00pm Via Zoom</p> <p>Members are Encouraged to Attend. Contact Centers for Zoom Access Details</p>		<p>1</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
2 CLOSED	3 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>Principles and Tasks 12:30PM</p> <p>Life Skills 1:30PM</p>	4 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	5 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Journaling 1:30PM</p>	6 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>10 Values of IPS 1:30PM</p>	7 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Stress Management and Relaxation 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Social Group 1:30PM</p>	8 <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
9 CLOSED 	10 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>Principles and Tasks 12:30PM</p> <p>Life Skills 1:30PM</p>	11 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Strong Feelings 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	12 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Peer Respite Presentation by Monadnock Peer Support via Zoom 1:00PM</p>	13 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>10 Values of IPS 1:30PM</p>	14 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Stress Management and Relaxation 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Social Group 1:30PM</p>	15 <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
16 CLOSED	17 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>Principles and Tasks 12:30PM</p> <p>Life Skills 1:30PM</p>	18 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	19 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>COMMUNITY MEETING 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Journaling 1:30PM</p>	20 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>10 Values of IPS 1:30PM</p>	21 ANNUAL RETREAT We will be holding our annual retreat ... virtually! This will take place via Zoom, from 9:00AM to 4:00PM. The retreat is free and Registration is Required. 	22 <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
23/30 CLOSED	24/31 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>Principles and Tasks 12:30PM</p> <p>Life Skills 1:30PM</p>	25 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Strong Feelings 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	26 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>TED Talks 12:30PM</p> <p>Journaling 1:30PM</p>	27 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group 11:00AM</p> <p>WRAP INFO SESSION 12:30PM</p> <p>10 Values of IPS 1:30PM</p>	28 <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>Stress Management and Relaxation 11:00AM</p> <p>Feature Friday* 12:30PM</p>	29 <p>Weekend Relief OPEN 8:30AM-12:30PM</p>