



Manchester — 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>SET GOALS</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>
<p>2</p> <p>CLOSED</p>	<p>3</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>Principles and Tasks 11:00AM</p> <p>More Than a Label 12:30PM</p> <p>Journaling 1:30PM</p>	<p>4</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>Reading For Inspiration 11:00AM</p> <p>Depression Peer Support Group 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>5</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>10 Values of IPS 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>TED Talks 1:30PM</p>	<p>6</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Creative Arts 1:30PM</p>	<p>7</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>Life Skills 11:00AM</p> <p>Walking Group 12:30PM</p> <p>Member Driven Group 1:30PM</p>	<p>8</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>9</p> <p>CLOSED</p>	<p>10</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>Principles and Tasks 11:00AM</p> <p>More Than a Label 12:30PM</p> <p>Keeping Sober 1:30PM</p>	<p>11</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>Strong Feelings 11:00AM</p> <p>Depression Peer Support Group 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>12</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>10 Values of IPS 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <div style="border: 1px solid blue; padding: 5px; margin-top: 5px;"> <p>Peer Respite Presentation by Monadnock Peer Support via Zoom 1:00PM</p> </div>	<p>13</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Creative Arts 1:30PM</p>	<p>14</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>Life Skills 11:00AM</p> <p>Walking Group 12:30PM</p> <p>Member Driven Group 1:30PM</p> <p>*Sign-ups for the retreat end</p>	<p>15</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>16</p> <p>CLOSED</p>	<p>17</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>Principles and Tasks 11:00AM</p> <p>More Than a Label 12:30PM</p> <p>Journaling 1:30PM</p>	<p>18</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>Reading For Inspiration 11:00AM</p> <p>Depression Peer Support Group 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>19</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>10 Values of IPS 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>COMMUNITY MEETING 1:30PM</p>	<p>20</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Creative Arts 1:30PM</p>	<div style="border: 2px solid red; padding: 10px;"> <p>21</p> <p>ANNUAL RETREAT</p> <p>We will be holding our annual retreat ... virtually!</p> <p>This will take place via Zoom, from 9:00AM to 4:00PM. The retreat is free and Registration is Required.</p> </div>	<p>22</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>23/30</p> <p>CLOSED</p>	<p>24/31</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>Principles and Tasks 11:00AM</p> <p>More Than a Label 12:30PM</p> <p>Keeping Sober 1:30PM</p>	<p>25</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>Strong Feelings 11:00AM</p> <p>Depression Peer Support Group 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>26</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>10 Values of IPS 11:00AM</p> <div style="border: 1px solid green; padding: 5px; margin-top: 5px;"> <p>WRAP INFO SESSION 12:30PM</p> </div> <p>TED Talks 1:30PM</p>	<p>27</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Creative Arts 1:30PM</p>	<p>28</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>New Member Orientation / Life Skills 11:00AM</p> <p>Feature Fridays* 12:30PM</p>	<p>29</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>