



Manchester - July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This month's Life Skills group will be:</p> <p>YOUR RIGHTS</p>	<p>BOARD MEETING</p> <p>Thursday, July 15th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for Access Credentials</p>	<p>This month's educational presentation will be held on</p> <p>Tuesday, July 20th at 11am</p> <p>-YWCA-</p> <p>In-Person</p> <p>Manchester Peer Center</p> <p>Learn about healthy relationships, what the YWCA has to offer, and what they can help you with!</p> <p><small>eliminating racism empowering women</small></p> <p>ywca New Hampshire</p>		<p>1</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>2</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>3</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>4</p> <p>CLOSED</p>	<p>5</p> <p>CLOSED</p>	<p>6</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>7</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>COVID Relief 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>8</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>9</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>10</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>11</p> <p>CLOSED</p>	<p>12</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Positive Thinking 12:30PM</p> <p>—</p> <p>Addiction Cessation/ Smoking Cessation 1:30PM</p>	<p>13</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>14</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>COVID Relief 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>15</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p> <p>Board Meeting 6:00pm - Zoom</p>	<p>16</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>17</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>18</p> <p>CLOSED</p>	<p>19</p> <p>CLOSED</p>	<p>20</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>YWCA Presentation In-Person Event 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>21</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>COMMUNITY MEETING 1:230PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>22</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>23</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>24</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
<p>25</p> <p>CLOSED</p>	<p>26</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Positive Thinking 12:30PM</p> <p>—</p> <p>Addiction Cessation/ Smoking Cessation 1:30PM</p>	<p>27</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>28</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>COVID Relief 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>29</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>30</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Extended Walking Group/ Member Driven Group 12:30-2:30</p>	<p>31</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>