






# Manchester~May



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Understanding Stigma 12:30PM — Art with a Purpose 1:30PM	3 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM	4 Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — Coping Skills 12:30PM — Music Therapy 1:30PM	5 Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM	6 Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — Walking Group/ Physical Wellness Group 12:30PM — Member Driven Group 1:30PM	7 Weekend Relief Open 8:30AM-12:30PM
8 CLOSED 	9 Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — <b>COMMUNITY MEETING</b> 12:30PM — Art with a Purpose 1:30PM	10 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM	11 Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — Coping Skills 12:30PM — Personal Positivity Journal 1:30PM	12 Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM	13 Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — <b>Seated Exercise Group</b> 11:30-12:00 — Member Driven Group 1:30PM	14 Weekend Relief Open 8:30AM-12:30PM
15 CLOSED	16 Check-in/ Moving Towards 10:00AM — <b>Educational Presentation</b> 11:00AM — MH & Family Relationships 12:30PM — Art with a Purpose 1:30PM	17 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM	18 Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — Coping Skills 12:30PM — Music Therapy 1:30PM	19 Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM  <b>Board Meeting</b> 6:00pm - Zoom	20 <b>Picnic at Livingston Park</b>  Join us for a picnic in the park! Pack a lunch, and bring a blanket or camping chair to sit on. We'll take a walk around Dorr's Pond, and enjoy nature, fresh air, and good conversation!  <b>Sign-ups Required</b> <b>Vans will leave Centers at 11 am and return by 2:30</b>	21 Weekend Relief Open 8:30AM-12:30PM
22 CLOSED	23 Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — MH & Family Relationships 12:30PM — Art with a Purpose 1:30PM	24 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM	25 <b>Delayed Opening for Staff Development</b> (Will Open at 10:30) — Laughing Group 11:00AM — Coping Skills 12:30PM — Personal Positivity Journal 1:30PM	26 Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM	27 Check-in/ Moving Towards 10:00AM — Life Skills 11:00AM — <b>Seated Exercise Group</b> 11:30-12:00 — Member Driven Group 1:30PM	28 Weekend Relief Open 8:30AM-12:30PM
29 CLOSED	30 CLOSED 	31 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Make Your Voice Heard 12:30PM — Music Appreciation 1:30PM	<b>Educational Presentation</b> <b>NAMI: In Our Own Voice</b> <b>Monday May, 16th @ 11am</b> Join us at either Center or from home for this Zoom Presentation that will be given by someone with a lived experience from NAMI to discuss recovering from mental health struggles, and stigma.		<b>This month's life skills group will be:</b> <i>Building Resiliency</i>	
						 <b>BOARD MEETING</b> Thursday, May 19th 6:00pm Via Zoom  Members Encouraged to Attend! Contact the Office for Access Credentials