



# Derry~June



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>This month's life skills group will be:</b></p> <p>How to be an Advocate for the LGBTQ+ Community</p>	<p><b>BOARD MEETING</b></p> <p>Thursday, June 16th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for Access Credentials</p>	<p>Group titles in <b>GREEN</b></p> <p>Indicate a focus on <b>LGBTQ+</b></p>	<p>1</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Stretching and Moving 1:15-1:30</p> <p><b>Understanding Stigma</b> 1:30PM</p>	<p>2</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Conversations of Hope 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>3</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p><b>Healthy Living</b> 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>4</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM- 12:30PM</p>
<p>5</p> <p>CLOSED</p>	<p>6</p> <p>CLOSED</p> <p><b>STAFF DEVELOPMENT</b></p>	<p>7</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>8</p> <p>Check-in/ Moving Towards 10:15AM</p> <p><b>COMMUNITY MEETING</b> 11:00AM</p> <p>Writing Group 12:30PM</p> <p><b>Music Therapy</b> 1:30PM</p>	<p>9</p> <p>Check-in/ Moving Towards 10:15AM</p> <p><b>Conversations of Hope</b> 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>10</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>11</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM- 12:30PM</p>
<p>12</p> <p>CLOSED</p>	<p>13</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p><b>Life Skills</b> 1:30PM</p>	<p>14</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>15</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Writing Group 12:30PM</p> <p>Stretching and Moving 1:15-1:30</p> <p>Understanding Stigma 1:30PM</p>	<p>16</p> <p><b>Hampton Beach</b></p> <p>Join us for a trip to the Beach! We'll check out the sandcastle competition, have lunch, and enjoy the ocean!</p> <p>Bring: a lunch, or \$ for food</p> <p><b>Vans will leave the Centers at 10 and return for 3:30pm</b></p> <p><b>Board Meeting</b> 6:00pm - Zoom</p>	<p>17</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p><b>Healthy Living</b> 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>18</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM- 12:30PM</p>
<p>19</p> <p>CLOSED</p>	<p>20</p> <p>CLOSED</p> <p><b>JUNE TEENTH FREEDOM DAY</b></p>	<p>21</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>22</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Writing Group 12:30PM</p> <p><b>Music Therapy</b> 1:30PM</p>	<p>23</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Conversations of Hope 11:00AM</p> <p><b>Topics in WRAP</b> 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>24</p> <p>Check-in/ Moving Towards 10:15AM</p> <p><b>Educational Presentation</b> 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>25</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM- 12:30PM</p>
<p>26</p> <p>CLOSED</p>	<p>27</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p><b>Life Skills</b> 1:30PM</p>	<p>28</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>29</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Writing Group 12:30PM</p> <p>Stretching and Moving 1:15-1:30</p> <p>Understanding Stigma 1:30PM</p>	<p>30</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Conversations of Hope 11:00AM</p> <p><b>Topics in WRAP</b> 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p><b><u>This Month's Educational Presentation</u></b></p> <p><b>Seacoast Outright</b></p> <p>Join us at either Center or from home for this 60 minute Zoom Presentation given by two trained presenters from Seacoast Outright to discuss : introducing foundational LGBTQ+ terms and concepts (gender identity, gender expression, sexual orientation, etc) and exploring how the queer experience intersects with other identities. Presenters share practical strategies for being a good ally within your own community.</p>	