






Manchester~June



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This month's Life Skills group will be:</p> <p>HOW TO BE AN ALLY</p> <p>*This month's Life Skills groups will be LGBTQ+ focused</p>	 <p>BOARD MEETING</p> <p>Thursday, June 16th 6:00pm</p> <p>Via Zoom</p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for Access Credentials</p>	<p>Group titles in GREEN</p> <p>Indicate a focus on LGBTQ+</p>	<p>1</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Coping Skills 12:30PM</p> <p>Music Therapy 1:30PM</p>	<p>2</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Healing Your Inner Child 1:30PM</p>	<p>3</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Life Skills 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>Member Driven Group 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>7</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Make Your Voice Heard/ Boundaries 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>8</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Coping Skills 12:30PM</p> <p>Personal Positivity Journal 1:30PM</p>	<p>9</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>TED Talks 1:30PM</p>	<p>10</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Life Skills 11:00AM</p> <p>Walking Group/ Physical Wellness Group 11:30-12:00</p> <p>Member Driven Group 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 10:00AM</p> <p>IPS Group 11:00AM</p> <p>COMMUNITY MEETING 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>14</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Make Your Voice Heard/ Boundaries 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>15</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Coping Skills 12:30PM</p> <p>Music Therapy 1:30PM</p>	<p>16</p> <p>Hampton Beach</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>Vans will leave the Centers at 10 and return for 3:30pm</p> <p>Board Meeting 6:00pm - Zoom</p>	<p>17</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Life Skills 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>Member Driven Group 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>21</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Make Your Voice Heard/ Boundaries 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>22</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Coping Skills 12:30PM</p> <p>Personal Positivity Journal 1:30PM</p>	<p>23</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>TED Talks 1:30PM</p>	<p>24</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Educational Presentation 11:00AM</p> <p>Walking Group/ Physical Wellness Group 11:30-12:00</p> <p>Member Driven Group 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 10:00AM</p> <p>IPS Group 11:00AM</p> <p>MH & Family Relationships 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>28</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Make Your Voice Heard/ Boundaries 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>29</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Coping Skills 12:30PM</p> <p>Music Therapy 1:30PM</p>	<p>30</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Healing Your Inner Child 1:30PM</p>	<p><u>This Month's Educational Presentation</u></p> <p><u>Seacoast Outright</u></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>	