





Manchester-September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>BOARD MEETING</p> <p>Thursday September 15th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend! Contact the Office for</p>	<p>Groups listed in GREEN will be Recovery themed for this month.</p>	<p><u>This Month's Educational Presentation</u></p> <p>Social Security Administration- Rescheduled Join us on Thursday, September 15th at 10am at either Center, or from home over Microsoft Teams, to learn about Social Security, Disability, and other programs offered by the Social Security Administration. Learn how the process works, who is eligible, and how to apply!</p> <p>Bring any questions you may have, as there will be time at the end of the presentation for Q&A.</p>		<p>1 Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Facing Addiction 12:30PM — Life Skills 1:30PM</p>	<p>2 Check-in/ Moving Towards 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30PM — Member Driven Group 1:30PM</p>	<p>3 Weekend Relief Open 8:30AM-12:30PM</p>
<p>4 CLOSED</p>	 <p>CLOSED</p>	<p>6 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Understanding Stigma 12:30PM — Music Appreciation 1:30PM</p>	<p>7 Check-in/ Moving Toward 10:00AM — Laughing Group 11:00AM — MH & Family Relationships 12:30PM — Music Therapy 1:30PM</p>	<p>8 Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM</p>	<p>9 Check-in/ Moving Towards 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM</p>	<p>10 Weekend Relief Open 8:30AM-12:30PM</p>
<p>11 CLOSED</p>	<p>12 Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — COMMUNITY MEETING 12:30PM — Art with a Purpose 1:30PM</p>	<p>13 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Understanding Stigma 12:30PM — Music Appreciation 1:30PM</p>	<p>14 Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — MH & Family Relationships 12:30PM — Personal Positivity Journal 1:30PM</p>	<p>15 Educational Presentation @10am — Topics in WRAP 11:00AM — Facing Addiction 12:30PM — Life Skills 1:30PM Board Meeting 6:00pm - Zoom</p>	<p>16 Check-in/ Moving Towards 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM</p>	<p>17 Weekend Relief Open 8:30AM-12:30PM</p>
<p>18 CLOSED</p>	<p>19 Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Building Resiliency 12:30PM — Art with a Purpose 1:30PM</p>	<p>20 Moving Towards/Bodies in Motion 10:00AM — Mindfulness and Meditation 11:00AM — Understanding Stigma 12:30PM — Music Appreciation 1:30PM</p>	<p>21 Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — MH & Family Relationships 12:30PM — Music Therapy 1:30PM</p>	<p>22 Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM</p>	<p>23 Check-in/ Moving Towards 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM</p>	<p>24 Weekend Relief Open 8:30AM-12:30PM</p>
<p>25 CLOSED</p>	<p>26 Check-in/ Moving Towards 10:00AM — IPS Group 11:00AM — Building Resiliency 12:30PM — Art with a Purpose 1:30PM</p>	<p>27 Brookdale Fruit Farm -Outing- Join us for the day to walk the orchard, have a picnic lunch, explore the farm stand! If you would like to pick and bring home apples, please bring \$5 (1/2 peck) <i>Must sign-up</i> Vans will leave Centers at 10:30 and return by 2:30</p>	<p>28 Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — MH & Family Relationships 12:30PM — Personal Positivity Journal 1:30PM</p>	<p>29 Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — Life Skills 1:30PM</p>	<p>30 Check-in/ Moving Towards 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM</p>	<p>This month's life skills group will be: Recovery</p>