



Derry-October



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|---|---|
| <p>BOARD MEETING</p> <p>Thursday October 20th 6:00pm Via Zoom</p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for Access Credentials</p> | <p>This month's life skills group will be:</p> <p>Meal Prepping</p> | <p><u>This Month's Educational Presentation</u></p> <p>H.E.A.R.T.S Peer Respite of Greater Nashua</p> <p>Join us on Monday, October 24th at 11am in person at the Manchester Center or from home over Zoom, to learn about Peer Respite, what it is, how it works, and who it helps. Presenters from H.E.A.R.T.S Peer Center and Respite in Nashua will be here to educate us!</p> | | <p>Monday, October 31st both Centers will come together in Manchester to have a Halloween celebration! There will be pizza and drinks provided, but there are sign up sheets at both Centers if you would like to bring a treat!</p> <p>Costumes are encouraged!</p> <p>-Van seating is limited, so you must sign up if you need a ride-</p> | | <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p> |
| 2 CLOSED | 3 Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM | 4 Check-in/ Moving Towards 10:30AM — Walking Group/ Physical Wellness Group 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM | 5 Check-in/ Moving Towards 10:30AM — Healing Your Inner Child 11:00AM — Writing Group 12:30PM — Understanding Stigma 1:30PM | 6 Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Strong Feelings 12:30PM — Mindfulness and Meditation 1:30PM | 7 DELAYED OPENING Staff Development Will open at 12:30 — Topics in WRAP 12:30PM — Stress Management and Relaxation 1:30PM | 8 Weekend Relief OPEN 8:30AM-12:30PM |
| 9 CLOSED | 10 CLOSED | 11 Check-in/ Moving Towards 10:30AM — Understanding and Managing Your Emotions 11:00AM — Creative Arts 12:30PM — Music Therapy 1pm-1:30pm — Music Appreciation 1:30PM | 12 Check-in/ Moving Towards 10:30AM — COMMUNITY MEETING 11:00AM — Writing Group 12:30PM — Stretching and Moving 1:15-1:30 — Understanding Stigma 1:30PM | 13 Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Strong Feelings 12:30PM — Mindfulness and Meditation 1:30PM | 14 Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Healthy Living 12:30PM — Stress Management and Relaxation 1:30PM | 15 Weekend Relief OPEN 8:30AM-12:30PM |
| 16 CLOSED | 17 Check-in/ Moving Towards 10:30AM — Laughing Group 11:00AM — IPS Group 12:30PM — Life Skills 1:30PM | 18 Check-in/ Moving Towards 10:30AM — Walking Group/ Physical Wellness Group 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM | 19 Check-in/ Moving Towards 10:30AM — Healing Your Inner Child 11:00AM — Writing Group 12:30PM — Understanding Stigma 1:30PM | 20 Coppal House Farm Corn Maze Bring a lunch, something to drink, and comfortable shoes! Sign-Ups Required Van will leave Center at 10:30 and return by 3:30 Board Meeting 6:00pm - Zoom | 21 Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Healthy Living 12:30PM — Stress Management and Relaxation 1:30PM | 22 Weekend Relief OPEN 8:30AM-12:30PM |
| 23/30 CLOSED | 24 / 31 Check-in/ Moving Towards 10:30AM — Educational Presentation 11am — IPS Group 12:30PM — Life Skills 1:30PM | 25 Check-in/ Moving Towards 10:30AM — Walking Group/ Physical Wellness Group 11:00AM — Creative Arts 12:30PM — Music Therapy 1pm-1:30pm — Music Appreciation 1:30PM | 26 Check-in/ Moving Towards 10:30AM — Healing Your Inner Child 11:00AM — Writing Group 12:30PM — Stretching and Moving 1:15-1:30 — Understanding Stigma 1:30PM | 27 Check-in/ Moving Towards 10:30AM — Conversations of Hope 11:00AM — Facing Addiction 12:30PM — Mindfulness and Meditation 1:30PM | 28 Check-in/ Moving Towards 10:30AM — Member Driven Group/ Social Group 11:00AM — Healthy Living 12:30PM — Stress Management and Relaxation 1:30PM | 29 Weekend Relief OPEN 8:30AM-12:30PM |