






# Manchester-November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>BOARD MEETING</b></p> <p><b>Thursday</b> <b>November 17th</b> <b>6:00pm</b> <b>Via Zoom</b></p> <p>Members Encouraged to Attend! Contact the Office for Access Credentials</p>	<p><b>THIS MONTH'S LIFE SKILLS:</b></p> <p><b>Emotional Awareness</b></p>	<p>1</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Understanding Stigma 12:30PM</p> <p><b>Music Therapy 1pm-1:30pm</b></p> <p>Music Appreciation 1:30PM</p>	<p>2</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>Personal Positivity Journal 1:30PM</p>	<p>3</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p><b>Educational Presentation 11:00AM</b></p> <p>Healthy Living 12:30PM</p> <p>TED Talks 1:30PM</p>	<p>4</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Healing Your Inner Child 11:00AM</p> <p><b>Staff Development CLOSING @ 12</b></p>	<p>5</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>6</p> <p><b>CLOSED</b></p>	<p>7</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Building Resiliency 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>8</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Understanding Stigma 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>9</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>Personal Positivity Journal 1:30PM</p>	<p>10</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>11</p> <p><b>CLOSED</b></p> 	<p>12</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>13</p> <p><b>CLOSED</b></p>	<p>14</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>IPS Group 11:00AM</p> <p><b>COMMUNITY MEETING 12:30PM</b></p> <p>Art with a Purpose 1:30PM</p>	<p>15</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Understanding Stigma 12:30PM</p> <p><b>Music Therapy 1pm-1:30pm</b></p> <p>Music Appreciation 1:30PM</p>	<p>16</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>Personal Positivity Journal 1:30PM</p>	<p>17</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><b>Board Meeting 6:00pm - Zoom</b></p>	<p>18</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>Member Driven Group 1:30PM</p>	<p>19</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>20</p> <p><b>CLOSED</b></p>	<p>21</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Building Resiliency 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>22</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p><b>Educational Presentation Better Life Partners 11:00AM</b></p> <p>Understanding Stigma 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>23</p> <p><b>Thanksgiving Day Celebration</b></p> <p>11am-2pm</p> <p>(See Page 3)</p>	<p>24</p>  <p><b>CLOSED</b></p>	<p>25</p>	<p>26</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>27</p> <p><b>CLOSED</b></p>	<p>28</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Building Resiliency 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>29</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>Mindfulness and Meditation 11:00AM</p> <p>Understanding Stigma 12:30PM</p> <p><b>Music Therapy 1pm-1:30pm</b></p> <p>Music Appreciation 1:30PM</p>	<p>30</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>Personal Positivity Journal 1:30PM</p>	<p><b>Voting Rights James Ziegler</b></p> <p>Join us on <b>November 3rd</b> at <b>11am</b> in-person at the Manchester Center or over Zoom to learn about the importance of voting, an overview of basic voting rights, how to register, and the right to accommodations.</p>	<p><b>This Month's Educational Presentation</b></p> <p><b>Better Life Partners</b></p> <p><b>Tuesday, Nov. 22nd @ 11am</b></p> <p>Andrew Warner from Better Life Partners will be at the Manchester Center to tell his story, and talk about what he did, and didn't find helpful in his journey toward recovery. He will also discuss harm reduction, Narcan, and possibilities for improvement in our communities. Bring any questions, and/or personal experiences to discuss at the end.</p>	