



Derry-December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>BOARD MEETING</p> <p>Thursday December 15th 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>First Aid</p>			<p>1</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>2</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>3</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>4</p> <p>CLOSED</p>	<p>5</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>6</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Music Therapy 1pm-1:30pm</p> <p>Creative Arts 1:30PM</p>	<p>7</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Writing Group 12:30PM</p> <p>Understanding Stigma 1:30PM</p>	<p>8</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>9</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Coping Skills 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>10</p> <p>Craft Fair & Bake Sale</p> <p>10am-2pm</p> <p>Manchester Center 377 South Willow St.</p>
<p>11</p> <p>CLOSED</p>	<p>12</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>13</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>14</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>COMMUNITY MEETING 11:00AM</p> <p>Writing Group 12:30PM</p> <p>Understanding Stigma 1:30PM</p>	<p>15</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p> <p>Board Meeting 6:00pm - Zoom</p>	<p>16</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Coping Skills 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>17</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>18</p> <p>CLOSED</p> 	<p>19</p> <p>Late Opening</p> <p>Staff Development</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>20</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Music Therapy 1pm-1:30pm</p> <p>Creative Arts 1:30PM</p>	<p>21</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Writing Group 12:30PM</p> <p>Understanding Stigma 1:30PM</p>	<p>22</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>23</p> <p>Holiday Celebration 11am-2pm</p> 	<p>24</p> <p>CLOSED</p> 
<p>25</p> <p>CLOSED</p> 	<p>26</p> <p>CLOSED</p> 	<p>27</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>28</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Writing Group 12:30PM</p> <p>Understanding Stigma 1:30PM</p>	<p>29</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Conversations of Hope 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>30</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Facing Addictions 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>31</p> <p>CLOSED</p> 