



Manchester-January



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|--|
| 1 CLOSED  | 2 CLOSED | 3 Moving Towards/Bodies in Motion 10:00AM — IPS Group 11:00AM — Understanding Stigma 12:30PM — Music Appreciation 1:30PM | 4 Check-in/ Moving Toward 10:00AM — Laughing Group 11:00AM — MH & Family Relationships 12:30PM — Creative Writing 1:30PM | 5 Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — Life Skills 1:30PM | 6 Check-in/ Moving Towards 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM | 7 Weekend Relief Open 8:30AM-12:30PM |
| 8 CLOSED | 9 Check-in/ Moving Towards 10:00AM — Building Resiliency 11:00AM — COMMUNITY MEETING 12:30PM — Art with a Purpose 1:30PM | 10 Moving Towards/Bodies in Motion 10:00AM — IPS Group 11:00AM — Coping with Grief 12:30PM — Music Appreciation 1:30PM | 11 Check-in/ Moving Toward 10:00AM — Laughing Group 11:00AM — MH & Family Relationships 12:30PM — Creative Writing 1:30PM | 12 Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM | 13 Check-in/ Moving Towards 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM | 14 Weekend Relief Open 8:30AM-12:30PM |
| 15 CLOSED | 16 Check-in/ Moving Towards 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM | 17 Moving Towards/Bodies in Motion 10:00AM — IPS Group 11:00AM — Coping with Grief 12:30PM — Music Appreciation 1:30PM | 18 Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — MH & Family Relationships 12:30PM — Creative Writing 1:30PM | 19 Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — Life Skills 1:30PM Board Meeting 5:00pm - Zoom | 20 Check-in/ Moving Towards 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM | 21 Weekend Relief Open 8:30AM-12:30PM |
| 22 CLOSED | 23 Check-in/ Moving Towards 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM | 24 Moving Towards/Bodies in Motion 10:00AM — IPS Group 11:00AM — Coping with Grief 12:30PM — Music Appreciation 1:30PM | 25 Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — MH & Family Relationships 12:30PM — Creative Writing 1:30PM | 26 Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM | 27  Block Party Social EAT • DRINK • PLAY Arcade, laser tag, axe throwing, and more! Pizza will be provided. Sign-Ups Required Van will leave Center @ 10:30 and return by 3pm | 28 Weekend Relief Open 8:30AM-12:30PM |
| 29 CLOSED | 30 Check-in/ Moving Towards 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM | 31 Moving Towards/Bodies in Motion 10:00AM — Educational Presentation 11:00AM — Coping with Grief 12:30PM — Music Appreciation 1:30PM |  BOARD MEETING Thursday January 19th 5:00pm Via Zoom Members Encouraged to Attend! Contact the Office for Access Credentials | THIS MONTH'S LIFE SKILLS: STRUGGLING WITH SEASONAL DEPRESSION | Educational Presentation New Hampshire Housing New Hampshire Housing is a self-supporting public corporation that promotes, finances and supports affordable housing. They operate rental and homeownership programs designed to assist low- and-moderate-income persons with obtaining affordable housing. Join us at the Manchester Center or over Zoom at 11:00am on Tuesday, January 31st | |