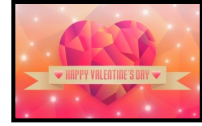




# Derry-February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>BOARD MEETING</b></p> <p><b>Thursday February 16th 5:00pm Via Zoom</b></p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for Access Credentials</p>		<p><b>THIS MONTH'S LIFE SKILLS:</b></p> <p>Small Home Repairs / Life Hacks</p>	<p>1</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>2</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>3</p> <p><b>CLOSED</b></p> <p><b>All Staff Meeting</b></p>	<p>4</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>5</p> <p>CLOSED</p>	<p>6</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IP5 Group 12:30PM</p> <p>Understanding Stigma 1:30PM</p>	<p>7</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>8</p> <p>Check-in/ Moving Towards 10:30AM</p> <p><b>COMMUNITY MEETING</b> 11:00AM</p> <p>Writing Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>9</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>10</p> <p>Check-in/ Moving Towards 10:30AM</p> <p><b>Educational Presentation</b> 11:00AM</p> <p>Coping Skills 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>11</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>12</p> <p>CLOSED</p>	<p>13</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IP5 Group 12:30PM</p> <p>Understanding Stigma 1:30PM</p>	<p>14</p> <p><b>Van will leave at 10:30 and return by 2:00</b></p> <p>Sign-ups required</p> <p>Sign up by calling or visiting either Center</p>	<p>15</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Writing Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>16</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><b>Board Meeting</b> 5:00pm - Zoom</p>	<p>17</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>18</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>19</p> <p>CLOSED</p>	<p>20</p> <p><b>CLOSED</b></p>	<p>21</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>22</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Writing Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>23</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>24</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>25</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>26</p> <p>CLOSED</p>	<p>27</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IP5 Group 12:30PM</p> <p>Understanding Stigma 1:30PM</p>	<p>28</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>			<p><b>Educational Presentation</b></p> <p><b>YWCA</b></p> <p>Join us on Friday, February 10th at 11am either from Zoom, or in person at the Manchester Center to learn about who the YWCA is, what they do, and who they help.</p> <p>"YWCA NH will create a thriving community free from violence and oppression. We will create an individualized experience for victims on their path of transformation "</p>	