



Derry-March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Educational Presentation</p> <p>March 17th @ 11am</p> <p>Andrew Warner from the City of Manchester Health Department will be at the Manchester Center on the 17th at 11am to discuss homelessness, reducing stigma, and resources for those facing housing insecurity.</p>		<p>This Month's Life Skills:</p> <p>Networking</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>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>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>IPS 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>COMMUNITY MEETING 11:00AM</p> <p>COMMUNITY POTLUCK 11:45</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>Member Driven Group/ Social Group 11:00AM</p> <p>Facing Addictions 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>IPS Group 12:30PM</p> <p>Understanding Stigma 1:30PM</p>	<p>14</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>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>Board Meeting 5:00pm - Zoom</p>	<p>17</p> <p>Check-in/ Moving Towards 10:30AM</p> <p>Educational Presentation 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>Check-in/ Moving Towards 10:30AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Understanding Stigma 1:30PM</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>IPS 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>29</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>30</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>31</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></p> <p>BOARD MEETING</p> <p>Thursday March 16th 5:00pm Via Zoom</p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for Access Credentials</p>