







# Manchester-February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>BOARD MEETING</b></p> <p><b>Thursday</b> <b>February 16th</b> <b>5:00pm</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>COMMUNICATION &amp; HEALTHY BOUNDARIES</p>	<p>1 Check-in/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Understanding Stigma 12:30PM</p> <p>Creative Writing 1:30PM</p> <p>Check-out 2:30PM</p>	<p>2 Moving Towards/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Life Skills 1:30PM</p> <p>Check-out 2:30PM</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><b>CLOSED</b></p>	<p>6</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Building Resiliency 11:00AM</p> <p>Mindfulness and Meditation 12:30PM</p> <p>Art with a Purpose 1:30PM</p> <p>Check-out 2:30PM</p>	<p>7</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Coping with Grief 12:30PM</p> <p>Music Appreciation 1:30PM</p> <p>Check-out 2:30PM</p>	<p>8</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>Creative Writing 1:30PM</p> <p>Check-out 2:30PM</p>	<p>9</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>Check-out 2:30PM</p>	<p>10</p> <p>Check-in/ Moving Towards 10:00AM</p> <p><b>Educational Presentation</b> 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>Member Driven Group 1:30PM</p> <p>Check-out 2:30PM</p>	<p>11</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>12</p> <p><b>CLOSED</b></p>	<p>13</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Building Resiliency 11:00AM</p> <p><b>COMMUNITY MEETING</b> 12:30PM</p> <p>Art with a Purpose 1:30PM</p> <p>Check-out 2:30PM</p>	 <p><b>Van will leave at 10:30 and return by 2:00</b></p> <p><b>Sign-ups required</b></p> <p>Sign up by calling or visiting either Center</p>	<p>15</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>Creative Writing 1:30PM</p> <p>Check-out 2:30PM</p>	<p>16</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Life Skills 1:30PM</p> <p>Check-out 2:30PM</p> <p><b>Board Meeting</b> 5:00pm - Zoom</p>	<p>17</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>Check-out 2:30PM</p>	<p>18</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>19</p> <p><b>CLOSED</b></p>	<p>20</p> <p><b>CLOSED</b></p> 	<p>21</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Self Care 12:30PM</p> <p>Music Appreciation 1:30PM</p> <p>Check-out 2:30PM</p>	<p>22</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH &amp; Family Relationships 12:30PM</p> <p>Creative Writing 1:30PM</p> <p>Check-out 2:30PM</p>	<p>23</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>Check-out 2:30PM</p>	<p>24</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>Check-out 2:30PM</p>	<p>25</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>26</p> <p><b>CLOSED</b></p>	<p>27</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Building Resiliency 11:00AM</p> <p>Mindfulness and Meditation 12:30PM</p> <p>Art with a Purpose 1:30PM</p> <p>Check-out 2:30PM</p>	<p>28</p> <p>Moving Towards/Bodies in Motion 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Self Care 12:30PM</p> <p>Music Appreciation 1:30PM</p> <p>Check-out 2:30PM</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>	