




Manchester-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>Budgeting/Goal Setting, Spring Cleaning</p>	<p>1</p> <p>Check-in/ Moving Toward 10:00AM — Laughing Group 11:00AM — Understanding Stigma 12:30PM — Creative Writing 1:30PM — Check-out 2:30PM</p>	<p>2</p> <p>Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — Life Skills 1:30PM — Check-out 2:30PM</p>	<p>3</p> <p>Check-in/ Moving Towards 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM — Check-out 2:30PM</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 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM — Check-out 2:30PM</p>	<p>7</p> <p>Moving Towards/Bodies in Motion 10:00AM — IPS Group 11:00AM — Coping with Grief 12:30PM — Music Appreciation 1:30PM — Check-out 2:30PM</p>	<p>8</p> <p>Check-in/ Moving Toward 10:00AM — Laughing Group 11:00AM — MH & Family Relationships 12:30PM — Creative Writing 1:30PM — Check-out 2:30PM</p>	<p>9</p> <p>Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM — Check-out 2:30PM</p>	<p>10</p> <p>Check-in/ Moving Towards 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM — 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>CLOSED</p>	<p>13</p> <p>Check-in/ Moving Towards 10:00AM — Building Resiliency 11:00AM — COMMUNITY MEETING 12:30PM — Art with a Purpose 1:30PM — Check-out 2:30PM</p>	<p>14</p> <p>Moving Towards/Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM — Check-out 2:30PM</p>	<p>15</p> <p>Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — MH & Family Relationships 12:30PM — Creative Writing 1:30PM — Check-out 2:30PM</p>	<p>16</p> <p>Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — Life Skills 1:30PM — Check-out 2:30PM</p> <p>Board Meeting 5:00pm - Zoom</p>	<p>17</p> <p>Check-in/ Moving Towards 10:00AM — Educational Presentation 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM — 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>CLOSED</p>	<p>20</p> <p>Check-in/ Moving Towards 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM — Check-out 2:30PM</p>	<p>21</p> <p>Moving Towards/Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM — Check-out 2:30PM</p>	<p>22</p> <p>Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — MH & Family Relationships 12:30PM — Creative Writing 1:30PM — Check-out 2:30PM</p>	<p>23</p> <p>Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM — Check-out 2:30PM</p>	<p>24</p> <p>Check-in/ Moving Towards 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM — 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>CLOSED</p>	<p>27</p> <p>Check-in/ Moving Towards 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM — Check-out 2:30PM</p>	<p>28</p> <p>Moving Towards/Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM — Check-out 2:30PM</p>	<p>29</p> <p>Check-in/ Moving Towards 10:00AM — Laughing Group 11:00AM — MH & Family Relationships 12:30PM — Creative Writing 1:30PM — Check-out 2:30PM</p>	<p>30</p> <p>Moving Towards/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Healthy Living 12:30PM — TED Talks 1:30PM — Check-out 2:30PM</p>	<p>31</p> <p>Check-in/ Moving Towards 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM — Check-out 2:30PM</p>	<p></p> <p>BOARD MEETING</p> <p>Thursday</p> <p>March 16th</p> <p>5:00pm</p> <p>Via Zoom</p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for Access Credentials</p>