



Derry-April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Educational Presentation</p> <p>Amoskeag Health</p> <p>With so many struggling to find affordable healthcare, Amoskeag Health may be able to help!</p> <p>Join us online or at either Center on Friday, April 21st @11am to find out about the wide range of services Amoskeag Health offers, and how to access them!</p>		<p>This Month's Life Skills:</p> <p>Back to Basics: Review of Scholastic Skills</p>	<p>BOARD MEETING</p> <p>Wednesday April 26th 1:00pm In-Person</p> <p>Members Encouraged to Attend!</p> <p>Contact the Office for Access Credentials</p>			<p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>2</p> <p>CLOSED</p>	<p>3</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Understanding Stigma 1:30PM</p>	<p>4</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>5</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Writing Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>6</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Conversations of Hope 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>7</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>8</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>9</p> <p>CLOSED</p>	<p>10</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Understanding Stigma 1:30PM</p>	<p>11</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>12</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Writing Group 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>13</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Conversations of Hope 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>14</p> <p>Seacoast Science Center</p> <p>Join us (again!) for a day of learning about sea life, and our incredible ocean that provides it all!</p> <p><i>Please make sure to bring a lunch and something to drink.</i></p> <p>Sign up by calling or stopping by either Center</p> <p>Vans will leave Centers at 10:15 and return by 3pm</p>	<p>15</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>16</p> <p>CLOSED</p>	<p>17</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Understanding Stigma 1:30PM</p>	<p>18</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>19</p> <p>Check-in/ Moving Towards 10:15AM</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>20</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Conversations of Hope 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>21</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Educational Presentation 11:00AM</p> <p>Coping Skills 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>22</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>23</p> <p>CLOSED</p> <p>30</p> <p>CLOSED</p>	<p>24</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Understanding Stigma 1:30PM</p>	<p>25</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>Creative Arts 12:30PM</p> <p>Music Appreciation 1:30PM</p>	<p>26</p> <p>Annual Celebration</p> <p>11am-2pm</p> <p>Manchester Peer Center</p>	<p>27</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Conversations of Hope 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>28</p> <p>Growing Together</p> <p>Check-in/ Goals Group 10:00AM</p> <p>Self Care 11:30AM</p> <p>Mindfulness and Meditation 1:30PM</p> <p>Check-out 2:00PM</p>	<p>29</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>