



# Manchester-April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Educational Presentation</b></p> <p><b>Amoskeag Health</b></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 <b>Friday, April 21st @11am</b> to find out about the wide range of services Amoskeag Health offers, and how to access them!</p>		<p><b>This Month's Life Skills:</b></p> <p><b>Time Management</b></p>	<p><b>BOARD MEETING</b></p> <p><b>Wednesday April 26th 1:00pm In-Person</b></p> <p>Members Encouraged to Attend! Contact the Office for Access Credentials</p>			<p>1</p> <p><b>Weekend Relief</b></p> <p><b>Open</b></p> <p><b>8:30AM-12:30PM</b></p>
<p>2</p> <p><b>CLOSED</b></p>	<p>3</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>4</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>5</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>6</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Web Wisdom 1:30PM</p>	<p>7</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>8</p> <p><b>Weekend Relief</b></p> <p><b>Open</b></p> <p><b>8:30AM-12:30PM</b></p>
<p>9</p> <p><b>CLOSED</b></p>	<p>10</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>11</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>12</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>13</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>14</p> <p><b>Seacoast Science Center</b></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><b>Vans will leave Centers at 10:30 and return by 3pm</b></p>	<p>15</p> <p><b>Weekend Relief</b></p> <p><b>Open</b></p> <p><b>8:30AM-12:30PM</b></p>
<p>16</p> <p><b>CLOSED</b></p>	<p>17</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>18</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>19</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>20</p> <p>Moving Towards/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Web Wisdom 1:30PM</p>	<p>21</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>22</p> <p><b>Weekend Relief</b></p> <p><b>Open</b></p> <p><b>8:30AM-12:30PM</b></p>
<p>23</p> <p><b>CLOSED</b></p> <p>30</p> <p><b>CLOSED</b></p>	<p>24</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>25</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>26</p> <p><b>Annual Celebration</b></p> <p><b>11am-2pm</b></p> <p><b>Manchester Peer Center</b></p>	<p>27</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>28</p> <p><b>Growing Together</b></p> <p>Check-in/ Goals Group 10:00AM</p> <p>Self Care 11:30AM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>29</p> <p><b>Weekend Relief</b></p> <p><b>Open</b></p> <p><b>8:30AM-12:30PM</b></p>