



Derry-May



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>This Month's Life Skills:</u></p> <p>Back to Basics: Review of Scholastic Skills Continued</p>	<p>1 Check-in/ Moving Towards 10:15AM — Laughing Group 11:00AM — IPS Group 12:30PM — Web Wisdom 1:30PM</p>	<p>2 Check-in/ Moving Towards 10:15AM — Walking Group/ Physical Wellness Group 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM</p>	<p>3 Check-in/ Moving Towards 10:15AM — Healing Your Inner Child 11:00AM — A.N.T.S. 12:30PM — Conversations of Hope 1:30PM</p>	<p>4 Check-in/ Moving Towards 10:15AM — Life Skills 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM</p>	<p>5 Check-in/ Moving Towards 10:15AM — Member Driven Group/ Social Group 11:00AM — Topics in WRAP 12:30PM — Stress Management and Relaxation 1:30PM</p>	<p>6 Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>7 CLOSED</p>	<p>8 Check-in/ Moving Towards 10:15AM — Laughing Group 11:00AM — IPS Group 12:30PM — Understanding Stigma 1:30PM</p>	<p>9 Check-in/ Moving Towards 10:15AM — Understanding and Managing Your Emotions 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM</p>	<p>10 Check-in/ Moving Towards 10:15AM — COMMUNITY MEETING 11:00AM COMMUNITY POTLUCK 11:45 — Writing Group 12:30PM — Conversations of Hope 1:30PM</p>	<p>11 Check-in/ Moving Towards 10:15AM — Life Skills 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM</p>	<p>12 Check-in/ Moving Towards 10:15AM — Member Driven Group/ Social Group 11:00AM — Coping Skills 12:30PM — Stress Management and Relaxation 1:30PM</p>	<p>13 Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>14 CLOSED</p>	<p>15 Check-in/ Moving Towards 10:15AM — Laughing Group 11:00AM — IPS Group 12:30PM — Web Wisdom 1:30PM</p>	<p>16 Check-in/ Moving Towards 10:15AM — Walking Group/ Physical Wellness Group 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM</p>	<p>17 Check-in/ Moving Towards 10:15AM — Healing Your Inner Child 11:00AM — A.N.T.S. 12:30PM — Conversations of Hope 1:30PM</p>	<p>18 Check-in/ Moving Towards 10:15AM — Life Skills 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM</p>	<p>19 Check-in/ Moving Towards 10:15AM — Member Driven Group/ Social Group 11:00AM — Facing Addictions 12:30PM — Stress Management and Relaxation 1:30PM</p>	<p>20 Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>21 CLOSED</p>	<p>22 Check-in/ Moving Towards 10:15AM — Laughing Group 11:00AM — IPS Group 12:30PM — Understanding Stigma 1:30PM</p>	<p>23 Check-in/ Moving Towards 10:15AM — Understanding and Managing Your Emotions 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM</p>	<p>24 Check-in/ Moving Towards 10:15AM — Educational Presentation 11:00AM — Writing Group 12:30PM — Conversations of Hope 1:30PM</p>	<p>25 Livingston Park Livingston Park <i>Please make sure to bring a lunch and something to drink.</i> Sign up by calling or stopping by either Center Vans will leave Centers at 10:30 and return by 3pm</p>	<p>26 Growing Together Tie Dye</p>	<p>27 Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>28 CLOSED</p>	<p>29 CLOSED memorial DAY</p>	<p>30 Check-in/ Moving Towards 10:15AM — Walking Group/ Physical Wellness Group 11:00AM — Creative Arts 12:30PM — Music Appreciation 1:30PM</p>	<p>31 Check-in/ Moving Towards 10:15AM — Healing Your Inner Child 11:00AM — A.N.T.S. 12:30PM — Conversations of Hope 1:30PM</p>	<p> BOARD MEETING Thursday, May 18th @ 5pm Over Zoom Contact the Office for Access Credentials</p>	<p><u>Educational Presentation</u> Jennifer Keller Mountainside Mental Health Wednesday, May 24th @ 11am Join us in person at the Manchester Center, or over Zoom! Learn about the more clinical side of mental health, and what the difference is.</p>	