



Manchester-May



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This Month's Life Skills:</p> <p>BUILDING SELF WORTH/SELF ESTEEM</p>	<p>1</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>2</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>3</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH & Family Relationships 12:30PM</p> <p>Creative Writing 1:30PM</p>	<p>4</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>12</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>6</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>7</p> <p>CLOSED</p>	<p>8</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Building Resiliency 11:00AM</p> <p>COMMUNITY MEETING 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>9</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>10</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH & Family Relationships 12:30PM</p> <p>Creative Writing 1:30PM</p>	<p>11</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>12</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>13</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>14</p> <p>CLOSED</p>	<p>15</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>16</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>17</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH & Family Relationships 12:30PM</p> <p>Creative Writing 1:30PM</p>	<p>18</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>19</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>20</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>21</p> <p>CLOSED</p>	<p>22</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>23</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>24</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>Educational Presentation 11:00AM</p> <p>MH & Family Relationships 12:30PM</p> <p>Creative Writing 1:30PM</p>	<p>25</p> <p>Community Outing</p> <p>Livingston Park</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 10:45 and return by 3pm</p>	<p>26</p>	<p>27</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>28</p> <p>CLOSED</p>	<p>29</p> <p>CLOSED</p>	<p>30</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>31</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>MH & Family Relationships 12:30PM</p> <p>Creative Writing 1:30PM</p>	<p>BOARD MEETING</p> <p>Thursday, May 18th 5:00pm</p> <p>Over Zoom</p> <p>Contact the Office for Access Credentials</p>	<p>Educational Presentation</p> <p>Jennifer Keller</p> <p>Mountainside Mental Health</p> <p>Wednesday, May 24th @ 11am</p> <p>Join us in person at the Manchester Center, or over Zoom!</p> <p>Learn about the more clinical side of mental health, and what the difference is.</p>	