






# Manchester-June



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>This Month's Life Skills:</b></p> <p>Combating Automatic Negative Thinking (A.N.Ts)</p>	<p><b>Educational Presentation "A Garden for Wildlife"</b></p> <p><b>Friday, June 9th @ 11am</b></p> <p>In person at the Derry Center or on Derry's Zoom</p> <p>Please see <b>page 3</b> for details.</p>		 <p><b>BOARD MEETING</b></p> <p><b>Thursday, May 15th 5:00pm</b></p> <p><b>Via Zoom</b></p> <p>Contact the Office for Access Credentials</p>	<p>1</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>2</p> <p>Check-in/ Moving Towards 10:00AM</p> <p><b>Healing Your Inner Child 11:00AM</b></p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>Member Driven Group 1:30PM</p>	<p>3</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>4</p> <p><b>CLOSED</b></p>	<p>5</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>6</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>7</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p><b>MH &amp; Family Relationships 12:30PM</b></p> <p>Creative Writing 1:30PM</p>	<p>8</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>9</p> <p>Check-in/ Moving Towards 10:00AM</p> <p><b>Educational Presentation 11:00AM</b></p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>Member Driven Group 1:30PM</p>	<p>10</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>11</p> <p><b>CLOSED</b></p>	<p>12</p> <p>Check-in/ Moving Towards 10:00AM</p> <p><b>Building Resiliency 11:00AM</b></p> <p><b>COMMUNITY MEETING &amp; POTLUCK 12:30PM</b></p> <p>Art with a Purpose 1:30PM</p>	<p>13</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>14</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>15</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>16</p> <p><b>Hampton Beach</b></p> <p>Join us to see the sandcastle competition, have lunch, and enjoy the ocean!</p> <p><i>Please bring a lunch and drink or money to purchase food and beverages.</i></p> <p>Sign up by calling or stopping by either Center</p> <p><b>Vans will leave Centers at 10:00 and return by 4:30m</b></p>	<p>17</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>18</p> <p><b>CLOSED</b></p>	<p>19</p> <p><b>CLOSED</b></p> 	<p>20</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>21</p> <p>Check-in/ Moving Toward 10:00AM</p> <p><b>Educational Presentation 11:00AM</b></p> <p>MH &amp; Family Relationships 12:30PM</p> <p>Creative Writing 1:30PM</p>	<p>22</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>23</p> <p>Check-in/ Moving Towards 10:00AM</p> <p><b>Healing Your Inner Child 11:00AM</b></p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>Member Driven Group 1:30PM</p>	<p>24</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>25</p> <p><b>CLOSED</b></p>	<p>26</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>27</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>28</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p><b>MH &amp; Family Relationships 12:30PM</b></p> <p>Creative Writing 1:30PM</p>	<p>29</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>30</p> <p><b>Growing Together</b></p> <p>Check-in 10:30AM</p> <p>Conversations of Hope 11:30AM</p> <p>Physical Wellness/Outdoor Games 1:30PM</p>	 <p><b>* Groups Highlighted in yellow denote PRIDE themed groups</b></p>