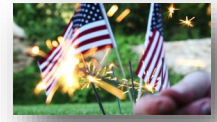




Derry-July



Sunday	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
<p>This Month's Life Skills:</p> <p>Tai Chi</p>	<p>Educational Presentation</p> <p>Lunch & Learn</p> <p>at CLM Center for Life Management</p> <p>CLM presents TMS Transcranial Magnetic Stimulation</p> <p>Please see page 2 for details</p>	<p>BOARD MEETING</p> <p>Thursday, July 20th 5:00 pm</p> <p>Over Zoom</p> <p>Contact the Office for Access Credentials</p>				<p>1</p> <p>Weekend Relief OPEN 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>CLOSED</p> <p>HAPPY 4th of JULY</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>Conversations of Hope 1:30PM</p>	<p>6</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Life Skills 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>Facing Addictions 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>8</p> <p>Weekend Relief OPEN 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>Web Wisdom 1:30PM</p>	<p>11</p> <p>BHPAC Meets 9:30-12:00</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>12</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>COMMUNITY MEETING 11:00AM</p> <p>COMMUNITY POTLUCK 11:45</p> <p>A.N.T.S. 12:30PM</p> <p>Conversations of Hope 1:30PM</p>	<p>13</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Life Skills 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>14</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Facing Addictions 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>15</p> <p>Weekend Relief OPEN 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>Understanding and Managing Your Emotions 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>Healing Your Inner Child 11:00AM</p> <p>Writing Group 12:30PM</p> <p>Conversations of Hope 1:30PM</p>	<p>14</p> <p>Community Outing Kingston State Park</p> <p>Call or visit either Center in person to sign-up if you will need a van ride</p> <p>Vans will leave Centers at 10:15am and Members will be returned home by 4:30pm</p> <p>See Page 3 for More Details</p> <p>Board Meeting</p>	<p>21</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Facing Addictions 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>22</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
<p>23 / 30</p> <p>CLOSED</p>	<p>24 / 31</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Laughing Group 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Web Wisdom 1:30PM</p>	<p>25</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>26</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>12:00-1:30</p> <p>Lunch & Learn</p> <p>at CLM Center for Life Management</p> <p>See Page 2 For Details</p> <p>Conversations of Hope 1:30PM</p>	<p>27</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Life Skills 11:00AM</p> <p>Healthy Living 12:30PM</p> <p>Mindfulness and Meditation 1:30PM</p>	<p>28</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Facing Addictions 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>29</p> <p>Craft Fair & Bake Sale</p> <p>9am-2pm</p> <p>St. Thomas Aquinas Church 26 Crystal Ave, Derry</p> <p>Peer Centers Closed</p>