



Manchester-July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This Month's Life Skills:</p> <p>Tackling Procrastination</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 5:00pm</p> <p>Via Zoom</p> <p>Contact the Office for Access Credentials</p>			<p>1</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>2</p> <p>CLOSED</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>CLOSED</p>	<p>5</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>6</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>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>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>9</p> <p>CLOSED</p>	<p>10</p> <p>Check-in/ Moving Towards 10:00AM</p> <p>Building Resiliency 11:00AM</p> <p>COMMUNITY MEETING & POTLUCK 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>11</p> <p>BHPAC Meets 9:30-12:00</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 & 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>Web Wisdom 1:30PM</p>	<p>21</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>15</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>16</p> <p>CLOSED</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 & Family Relationships 12:30PM</p> <p>Creative Writing 1:30PM</p>	<p>20</p> <p>Community Outing Kingston State Park 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 5:00pm - Zoom</p>	<p>21</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>22</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>23 / 30</p> <p>CLOSED</p>	<p>24 / 31</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>Check-in/ Moving Toward 10:00AM</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>Creative Writing 1:30PM</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>Web Wisdom 1:30PM</p>	<p>21</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>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>