



Derry-August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This Month's Life Skills:</p> <p>Poetry</p>	<p>BOARD MEETING</p> <p>Thursday, August 17th 5:00 pm</p> <p>Over Zoom</p> <p>Contact the Office for Access Credentials</p>	<p>1</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>2</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>3</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>4</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Topics in WRAP 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>5</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>6</p> <p>CLOSED</p>	<p>7</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>8</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>9</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>10</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>11</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>12</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>13</p> <p>CLOSED</p>	<p>14</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>15</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>16</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>17</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>Board Meeting 5:00pm - Zoom</p>	<p>18</p> <p>Chuckster's</p> <p>Vans will leave Center's at 10:15am and return by 4:30pm</p> <p>Please see page 7 for details</p>	<p>19</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>20</p> <p>CLOSED</p>	<p>21</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>22</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>23</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>A.N.T.S. 12:30PM</p> <p>Conversations of Hope 1:30PM</p>	<p>24</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>25</p> <p>Growing Together</p> <p>Check-in 10:30AM</p> <p>Conversations of Hope 11:30AM</p> <p>Physical Wellness/Outdoor Games 1:30PM</p>	<p>26</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>27</p> <p>CLOSED</p>	<p>28</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Educational Presentation 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Web Wisdom 1:30PM</p>	<p>29</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>30</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>31</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>Educational Presentation</p> <p>Breathwork</p> <p>August 28th @11am in person at the Manchester Center or over Zoom</p> <p>See page 3 for details</p>	