






Manchester-September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>This Month's Life Skills:</u></p> <p>Challenging Our Perspective</p>	 <p>BOARD MEETING</p> <p>Thursday, September 21st 5:00pm</p> <p>Via Zoom</p> <p>Contact the Office for Access Credentials</p>		<p><u>Educational Presentation</u></p> <p>Learn About Advocacy</p> <p>With a member of <u>New Futures!</u></p> <p>Wednesday, September 20th @ 11am</p> <p>See page 6 for more information</p>		<p>¹ Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM</p>	<p>²</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>3</p> <p>CLOSED</p>	<p>4</p> <p>CLOSED</p> 	<p>5</p> <p>Moving Toward/Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM</p>	<p>6</p> <p>Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Untold Story Group 12:30PM — Creative Writing 1:30PM</p>	<p>7</p> <p>Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Life Skills 1:30PM</p>	<p>8</p> <p>Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM</p>	<p>9</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>10</p> <p>CLOSED</p>	<p>11</p> <p>Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM</p>	<p>12</p> <p>Moving Toward/Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM</p>	<p>13</p> <p>Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — COMMUNITY MEETING 12:30PM — Creative Writing 1:30PM</p>	<p>14</p> <p>Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Web Wisdom 1:30PM</p>	<p>15</p> <p>Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM</p>	<p>16</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>17</p> <p>CLOSED</p>	<p>18</p> <p>Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM</p>	<p>19</p> <p>Moving Toward/Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM</p>	<p>20</p> <p>Gratitude/ Moving Toward 10:00AM — Educational Presentation 11:00AM — Untold Story Group 12:30PM — Creative Writing 1:30PM</p>	<p>21</p> <p>Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Web Wisdom 1:30PM</p> <p>Board Meeting 5:00pm - Zoom</p>	<p>22</p> <p>Outing</p> <p>Mac's Apples</p> <p>Please see page 6 for details</p> 	<p>23</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>24</p> <p>CLOSED</p>	<p>25</p> <p>Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM</p>	<p>26</p> <p>Moving Toward/Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM</p>	<p>27</p> <p>Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Untold Story Group 12:30PM — Creative Writing 1:30PM</p>	<p>28</p> <p>Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Web Wisdom 1:30PM</p>	<p>29</p> <p>Growing Together</p> <p>Gratitude/Check-in 10:30AM — Conversations of Hope 11:30AM — Physical Wellness/Outdoor Games 1:30PM</p>	<p>30</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>