








Derry-November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Educational Presentation</p> <p>Monday, November 13 @ 11 am</p> <p>NAMI</p> <p>-See Page 3 For Details -</p>		<p>Join groups virtually with ZOOM</p> <p>Meeting ID: 429 970 7500</p> <p>Passcode: 450045</p>	<p>1</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>2</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>3</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>4</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>5</p> <p>CLOSED</p>	<p>6</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>7</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>8</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>COMMUNITY MEETING 11:00AM</p> <p>COMMUNITY POTLUCK 11:45</p> <p>Writing Group 12:30PM</p> <p>Conversations of Hope 1:30PM</p>	<p>9</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>10</p> <p>CLOSED</p> <p>Veterans Day</p> 	<p>11</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>12</p> <p>CLOSED</p>	<p>13</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Educational Presentation 11:00AM</p> <p>IPS Group 12:30PM</p> <p>Understanding Stigma 1:30PM</p>	<p>14</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>15</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>16</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>17</p> <p>Check-in/ Moving Towards 10:15AM</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>Coping Skills 12:30PM</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>18</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>19</p> <p>CLOSED</p>	<p>20</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>21</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>22</p> <p>Thanksgiving Celebration</p> <p>11am to 3pm</p> <p>See front page for details</p>  	<p>23</p> <p>CLOSED</p> <p>HAPPY THANKSGIVING</p> 	<p>24</p> <p>CLOSED</p>	<p>25</p> <p>Weekend Relief</p> <p>OPEN</p> <p>8:30AM-12:30PM</p>
<p>26</p> <p>CLOSED</p>	<p>27</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>28</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>29</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>30</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</p> <p>Thursday, November 16th 5:00 pm</p> <p>Over Zoom</p> <p>Contact the Office for Access Credentials</p> 	<p>This Month's Life Skills:</p> <p>Dancing</p>