



Manchester-November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Educational Presentation</p> <p>Monday, November 13th @ 11 am</p> <p>NAMI</p> <p>-See Page 3 For Details -</p>		<p>Join groups virtually with</p> <p>zoom</p> <p>Meeting ID: 603 623 4523</p> <p>Passcode: 377204</p>	<p>1</p> <p>Check-in/ Moving Toward 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Coping With ADHD 12:30PM</p> <p>—</p> <p>Creative Writing 1:30PM</p>	<p>2</p> <p>Moving Toward/Goal Setting 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>What They Never Taught Us 12:30PM</p> <p>—</p> <p>Life Skills 1:30PM</p>	<p>3</p> <p>Gratitude/ Moving Toward 10:00AM</p> <p>—</p> <p>Healing Your Inner Child 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>—</p> <p>Member Driven Group 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 Toward 10:00AM</p> <p>—</p> <p>Building Resiliency 11:00AM</p> <p>—</p> <p>Mindfulness and Meditation 12:30PM</p> <p>—</p> <p>Art with a Purpose 1:30PM</p>	<p>7</p> <p>Moving Toward/Bodies in Motion 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Self Care 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>8</p> <p>Gratitude/ Moving Toward 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Coping With ADHD 12:30PM</p> <p>—</p> <p>Creative Writing 1:30PM</p>	<p>9</p> <p>Moving Toward/Goal Setting 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>What They Never Taught Us 12:30PM</p> <p>—</p> <p>Life Skills 1:30PM</p>	<p>10</p> <p>CLOSED</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 Toward 10:00AM</p> <p>—</p> <p>Educational Presentation 11:00AM</p> <p>Mindfulness and Meditation 12:30PM</p> <p>—</p> <p>Art with a Purpose 1:30PM</p>	<p>14</p> <p>Check-in/ Bodies in Motion 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>COMMUNITY MEETING 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>15</p> <p>Gratitude/ Moving Toward 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Coping With ADHD 12:30PM</p> <p>—</p> <p>Creative Writing 1:30PM</p>	<p>16</p> <p>Moving Toward/Goal Setting 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>What They Never Taught Us 12:30PM</p> <p>—</p> <p>Web Wisdom 1:30PM</p> <p>Board Meeting 5:00pm - Zoom</p>	<p>17</p> <p>Gratitude/ Moving Toward 10:00AM</p> <p>—</p> <p>Healing Your Inner Child 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>—</p> <p>Member Driven Group 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 Toward 10:00AM</p> <p>—</p> <p>Building Resiliency 11:00AM</p> <p>—</p> <p>Mindfulness and Meditation 12:30PM</p> <p>—</p> <p>Art with a Purpose 1:30PM</p>	<p>21</p> <p>Check-in/ Bodies in Motion 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Self Care 12:30PM</p> <p>—</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>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 Toward 10:00AM</p> <p>—</p> <p>Building Resiliency 11:00AM</p> <p>—</p> <p>Mindfulness and Meditation 12:30PM</p> <p>—</p> <p>Art with a Purpose 1:30PM</p>	<p>28</p> <p>Check-in/ Bodies in Motion 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Self Care 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>29</p> <p>Check-in/ /Gratitude 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Coping With ADHD 12:30PM</p> <p>—</p> <p>Creative Writing 1:30PM</p>	<p>30</p> <p>Check-in/ Goal Setting 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>What They Never Taught Us 12:30PM</p> <p>—</p> <p>Web Wisdom 1:30PM</p>	 <p>BOARD MEETING</p> <p>Thursday, November 16th 5:00pm</p> <p>Via Zoom</p> <p>Contact the Office for Access Credentials</p>	<p>This Month's Life Skills:</p> <p>How to Cope With S.A.D (Seasonal Affective Disorder)</p>