
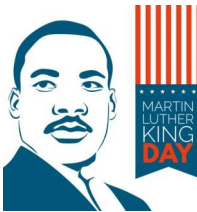






# Derry-January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>CLOSED</b> 	2 Check-in/ Moving Towards 10:15AM — Understanding and Managing Your Emotions 11:00AM — Healing Your Inner Child 12:30PM — Music Appreciation 1:30PM	3 Check-in/ Moving Towards 10:15AM — Creative Arts 11:00AM — Writing Group 12:30PM — Conversations of Hope 1:30PM	4 Check-in/ Moving Towards 10:15AM — Life Skills 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM	5 Check-in/ Moving Towards 10:15AM — Member Driven Group/ Social Group 11:00AM — Topics in WRAP 12:30PM — Stress Management and Relaxation 1:30PM	6 Weekend Relief  OPEN 8:30AM-12:30PM
7 <b>CLOSED</b>	8 Check-in/ Moving Towards 10:15AM — Laughing Group 11:00AM — IPS Group 12:30PM — Understanding Stigma 1:30PM	9 Check-in/ Moving Towards 10:15AM — Walking Group/ Physical Wellness Group 11:00AM — Healing Your Inner Child 12:30PM — Music Appreciation 1:30PM	10 Check-in/ Moving Towards 10:15AM — <b>COMMUNITY MEETING</b> 11:00AM — <b>COMMUNITY POTLUCK</b> 11:45 — A.N.T.S 12:30PM — Conversations of Hope 1:30PM	11 Check-in/ Moving Towards 10:15AM — Life Skills 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM	12 Check-in/ Moving Towards 10:15AM — Member Driven Group/ Social Group 11:00AM — Coping Skills 12:30PM — Stress Management and Relaxation 1:30PM	13 Weekend Relief  OPEN 8:30AM-12:30PM
14 <b>CLOSED</b>	15 <b>CLOSED</b> 	16 Check-in/ Moving Towards 10:15AM — Understanding and Managing Your Emotions 11:00AM — Healing Your Inner Child 12:30PM — Music Appreciation 1:30PM	17 Check-in/ Moving Towards 10:15AM — Creative Arts 11:00AM — Writing Group 12:30PM — Conversations of Hope 1:30PM	18 Check-in/ Moving Towards 10:15AM — Life Skills 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM	19 Check-in/ Moving Towards 10:15AM — Member Driven Group/ Social Group 11:00AM — Coping Skills 12:30PM — Stress Management and Relaxation 1:30PM	20 Weekend Relief  OPEN 8:30AM-12:30PM
21 <b>CLOSED</b>	22 Check-in/ Moving Towards 10:15AM — Laughing Group 11:00AM — IPS Group 12:30PM — Understanding Stigma 1:30PM	23 Check-in/ Moving Towards 10:15AM — Walking Group/ Physical Wellness Group 11:00AM — Healing Your Inner Child 12:30PM — Music Appreciation 1:30PM	24 Check-in/ Moving Towards 10:15AM — Creative Arts 11:00AM — A.N.T.S 12:30PM — Conversations of Hope 1:30PM	25 Check-in/ Moving Towards 10:15AM — Life Skills 11:00AM — Healthy Living 12:30PM — Mindfulness and Meditation 1:30PM	26 <b>OUTING</b> King Bowling Lanes See page 3 for details 	27 Weekend Relief  OPEN 8:30AM-12:30PM
28 <b>CLOSED</b>	29 Check-in/ Moving Towards 10:15AM — Laughing Group 11:00AM — IPS Group 12:30PM — Web Wisdom 1:30PM	30 Check-in/ Moving Towards 10:15AM — Understanding and Managing Your Emotions 11:00AM — Healing Your Inner Child 12:30PM — Music Appreciation 1:30PM	31 Check-in/ Moving Towards 10:15AM — Creative Arts 11:00AM — Writing Group 12:30PM — Conversations of Hope 1:30PM	 <b>Board Meeting</b>  Thursday December 21st 5:00pm  Strategic Planning Retreat  By Invitation Only	<b>This Month's Life Skills:</b>  <b>Scrapbooking</b>	Join groups virtually with <b>zoom</b>  Meeting ID: <b>429 970 7500</b>  Passcode: <b>450045</b>