







Manchester-January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED 	2 Moving Toward/Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM	3 Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Coping With ADHD 12:30PM — Creative Writing 1:30PM	4 Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Life Skills 1:30PM	5 Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM	6 Weekend Relief Open 8:30AM-12:30PM
7 CLOSED	8 Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM	9 Moving Toward/Bodies in Motion 10:00AM — IPS Group 11:00AM — COMMUNITY MEETING 12:30PM — Music Appreciation 1:30PM	10 Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Coping With ADHD 12:30PM — Creative Writing 1:30PM	11 Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Life Skills 1:30PM	12 Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM	13 Weekend Relief Open 8:30AM-12:30PM
14 CLOSED	15 CLOSED 	16 Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM	17 Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Coping With ADHD 12:30PM — Coping With Anxiety 1:30PM	18 Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Web Wisdom 1:30PM	19 Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM	20 Weekend Relief Open 8:30AM-12:30PM
21 CLOSED	22 Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM	23 Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM	24 Check-in/ /Gratitude 10:00AM — Laughing Group 11:00AM — Coping With ADHD 12:30PM — Creative Writing 1:30PM	25 Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — What They Never Taught Us 12:30PM — Web Wisdom 1:30PM	26 OUTING King Bowling Lanes See page 3 for details 	27 Weekend Relief Open 8:30AM-12:30PM
28 CLOSED	29 Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Mindfulness and Meditation 12:30PM — Art with a Purpose 1:30PM	30 Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation 1:30PM	31 Check-in/ /Gratitude 10:00AM — Laughing Group 11:00AM — Coping With ADHD 12:30PM — Coping With Anxiety 1:30PM	 Board Meeting Thursday December 21st 5:00pm Strategic Planning Retreat By Invitation Only	This Month's Life Skills: Intentional Peer Support In Real Life	Join groups virtually with ZOOM Meeting ID: 603 623 4523 Passcode: 377204