





Manchester-March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Board Meeting Thursday March 21st 5:00pm</p> <p>Via Zoom Ask Staff for Credentials</p>	<p><u>This Month's Life Skills:</u></p> <p>Financial Wellness</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>Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Member Driven Group 1:30PM — Guided Meditation 2:30PM</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>Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Meditation 12:30PM — Art with a Purpose 1:30PM — Guided Meditation 2:30PM</p>	<p>5</p> <p>Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation & Creation 1:30PM — Guided Meditation 2:30PM</p>	<p>6</p> <p>Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Anger Management 12:30PM — Creative Writing 1:30PM — Guided Meditation 2:30PM</p>	<p>7</p> <p>Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Mindfulness 12:30PM — Life Skills 1:30PM — Guided Meditation 2:30PM</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 — Guided Meditation 2:30PM</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>Outing & Educational Presentation</p> <p>NH Statehouse</p> <p>107 N. Main St. Concord NH</p> <p>Sign-up only necessary if van ride is needed</p> <p>Details on Cover</p>	<p>12</p> <p>Moving Toward/B.I.M 10:00AM — IPS Group 11:00AM — COMMUNITY MEETING 12:30PM — Music Appreciation & Creation 1:30PM — Guided Meditation 2:30PM</p>	<p>13</p> <p>Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Anger Management 12:30PM — Creative Writing 1:30PM — Guided Meditation 2:30PM</p>	<p>14</p> <p>Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Mindfulness 12:30PM — Life Skills 1:30PM — Guided Meditation 2:30PM</p>	<p>15</p> <p>Closed for Staff Development</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 — Meditation 12:30PM — Art with a Purpose 1:30PM — Guided Meditation 2:30PM</p>	<p>19</p> <p>Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation & Creation 1:30PM — Guided Meditation 2:30PM</p>	<p>20</p> <p>Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Anger Management 12:30PM — Creative Writing 1:30PM — Guided Meditation 2:30PM</p>	<p>21</p> <p>Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Mindfulness 12:30PM — Life Skills 1:30PM — Guided Meditation 2:30PM</p>	<p>22</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 — Guided Meditation 2:30PM</p>	<p>23</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>
<p>24 / 31</p> <p>CLOSED</p> 	<p>25</p> <p>Check-in/ Moving Toward 10:00AM — Building Resiliency 11:00AM — Meditation 12:30PM — Art with a Purpose 1:30PM — Guided Meditation 2:30PM</p>	<p>26</p> <p>Check-in/ Bodies in Motion 10:00AM — IPS Group 11:00AM — Self Care 12:30PM — Music Appreciation & Creation 1:30PM — Guided Meditation 2:30PM</p>	<p>27</p> <p>Gratitude/ Moving Toward 10:00AM — Laughing Group 11:00AM — Anger Management 12:30PM — Creative Writing 1:30PM — Guided Meditation 2:30PM</p>	<p>28</p> <p>Moving Toward/Goal Setting 10:00AM — Topics in WRAP 11:00AM — Mindfulness 12:30PM — Life Skills 1:30PM — Guided Meditation 2:30PM</p>	<p>29</p> <p>Gratitude/ Moving Toward 10:00AM — Healing Your Inner Child 11:00AM — Walking Group/ Physical Wellness Group 12:30 — Art With Sean— Watercolor 1:30PM — Guided Meditation 2:30PM</p>	<p>30</p> <p>Weekend Relief</p> <p>Open</p> <p>8:30AM-12:30PM</p>