






# Manchester-June



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Board Meeting</b> Thursday June 20th 5:00pm</p> <p>Via Zoom Ask Staff for Credentials</p>	<p>Join groups virtually with</p>  <p>Meeting ID: <b>603 623 4523</b></p> <p>Passcode: <b>377204</b></p>	<p><u>This Month's Life Skills:</u></p> <p>Navigating Interpersonal Relationships</p>		<p>This Month's Educational Presentation: None for June</p>		<p>1</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
2	3	4	5	6	7	8
CLOSED	<p>Check-in/ Moving Toward 10:00AM</p> <p>Building Resiliency 11:00AM</p> <p>Meditation 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>Check-in/ Bodies in Motion 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Building Our Coping Skills Toolbox 12:30PM</p> <p>Music Appreciation &amp; Creation 1:30PM</p>	<p>Gratitude/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Anger Management 12:30PM</p> <p>Creative Writing 1:30PM</p>	<p>Moving Toward/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Mindfulness 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>Gratitude/ Moving Toward 10:00AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>Member Driven Group 1:30PM</p>	<p>Weekend Relief Open 8:30AM-12:30PM</p>
9	10	11	12	13	14	15
CLOSED	<p>Check-in/ Moving Toward 10:00AM</p> <p>Building Resiliency 11:00AM</p> <p>Meditation 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>Moving Toward/B.I.M 10:00AM</p> <p>IPS Group 11:00AM</p> <p><b>COMMUNITY MEETING</b> 12:30PM</p> <p>Music Appreciation &amp; Creation 1:30PM</p>	<p>Gratitude/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Anger Management 12:30PM</p> <p>Creative Writing 1:30PM</p>	<p>Moving Toward/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Mindfulness 12:30PM</p> <p>Life Skills 1:30PM</p>	<p>Gratitude/ Moving Toward 10:00AM</p> <p>Healing Your Inner Child 11:00AM</p> <p>Walking Group/ Physical Wellness Group 12:30</p> <p>Member Driven Group 1:30PM</p>	<p>Weekend Relief Open 8:30AM-12:30PM</p>
16	17	18	19	20	21	22
CLOSED	<p>Check-in/ Moving Toward 10:00AM</p> <p>Building Resiliency 11:00AM</p> <p>Meditation 12:30PM</p> <p>Art with a Purpose 1:30PM</p>	<p>Check-in/ Bodies in Motion 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Building Our Coping Skills Toolbox 12:30PM</p> <p>Music Appreciation &amp; Creation 1:30PM</p>	<p>CLOSED</p> 	<p>Moving Toward/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Mindfulness 12:30PM</p> <p>Life Skills 1:30PM</p> <p><b>Board Meeting</b> 5:00pm - Zoom</p>	<p><b>Hampton Beach</b></p> <p>See front page for details</p>	<p>Weekend Relief Open 8:30AM-12:30PM</p>
23/30	24	25	26	27	28	29
CLOSED	<p>Check-in/ Moving Toward 10:00AM</p> <p>Building Resiliency 11:00AM</p> <p>Meditation 12:30PM</p> <p>Art with Sean 1:30PM</p>	<p>Check-in/ Bodies in Motion 10:00AM</p> <p>IPS Group 11:00AM</p> <p>Self Care 12:30PM</p> <p>Music Appreciation &amp; Creation 1:30PM</p>	<p>Gratitude/ Moving Toward 10:00AM</p> <p>Laughing Group 11:00AM</p> <p>Anger Management 12:30PM</p> <p>Creative Writing 1:30PM</p>	<p>Moving Toward/Goal Setting 10:00AM</p> <p>Topics in WRAP 11:00AM</p> <p>Mindfulness 12:30PM</p> <p>Life Skills 1:30PM</p>	<p><b>Growing Together</b> <b>At the Derry Peer</b> <b>Center</b></p>	