



DERRY — FEBRUARY



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|--|---|---|--|--|---------------------------------|
| | <p>VALENTINE'S DAY OUTREACH WEDNESDAY FEBRUARY 14TH</p> <p>WE WILL BE GOING DOWNTOWN TO HAND OUT FLOWERS AND CARDS TO DERRY RESIDENTS WALKING BY</p> <p>PLEASE STOP BY THE CENTER OR CALL TO SIGN UP TO PARTICIAPTE</p> | | | <p>1</p> <p>UNDERSTANDING & MANAGING YOUR EMOTIONS 10:30AM</p> <p>RECOVERY TOPICS 11:30PM</p> <p>TASKS & VALUES 1:30PM</p> | <p>2</p> <p>STRESS MANAGEMENT & RELAXATION* 10:30AM</p> <p>W.R.A.P. 11:30PM</p> <p>MEN'S GROUP 1:30PM</p> <p>PANDORA'S VOICE 1:30PM</p> | <p>3</p> <p>WEEKEND RELIEF</p> |
| <p>4</p> <p>CLOSED</p> | <p>5</p> <p>MEMBER DRIVEN GROUP 10:30AM</p> <p>INTENTIONALLY PRACTICING IPS 11:30AM</p> <p>BOOKWORM GROUP 1:30PM</p> | <p>6</p> <p>A.N.T.S. (AUTOMATIC NEGATIVE THOUGHTS) 10:30AM</p> <p>CREATIVE ARTS 11:30AM</p> <p>MUSIC APPRECIATION 1:30PM</p> | <p>7</p> <p>CONVERSATIONS OF HOPE 10:30AM</p> <p>CONNECTIONS* 11:30AM</p> <p>JOURNALING 1:30PM</p> | <p>8</p> <p>CLOSED FOR STAFF DEVELOPMENT</p> | <p>9</p> <p>CLOSED FOR STAFF DEVELOPMENT</p> | <p>10</p> <p>WEEKEND RELIEF</p> |
| <p>11</p> <p>CLOSED</p> | <p>12</p> <p>MEMBER DRIVEN GROUP 10:30AM</p> <p>INTENTIONALLY PRACTICING IPS 11:30AM</p> <p>BOOKWORM GROUP 1:30PM</p> | <p>13</p> <p>A.N.T.S. (AUTOMATIC NEGATIVE THOUGHTS) 10:30AM</p> <p>CREATIVE ARTS 11:30AM</p> <p>MUSIC APPRECIATION 1:30PM</p> | <p>14</p> <p>VALENTINE'S DAY OUTREACH 10:30 TO 12:30 SIGN-UPS REQUIRED</p> <p>JOURNALING 1:30PM</p> <p><i>Happy Valentine's Day</i></p> | <p>15</p> <p>UNDERSTANDING & MANAGING YOUR EMOTIONS 10:30AM</p> <p>RECOVERY TOPICS 11:30PM</p> <p>TASKS & VALUES 1:30PM</p> <p>Board Meeting 6:00pm Manchester Peer Center</p> | <p>16</p> <p>STRESS MANAGEMENT & RELAXATION 10:30AM</p> <p>W.R.A.P. 11:30PM</p> <p>MEN'S GROUP 1:30PM</p> <p>PANDORA'S VOICE 1:30PM</p> | <p>17</p> <p>WEEKEND RELIEF</p> |
| <p>18</p> <p>CLOSED</p> | <p>19</p> <p>CLOSED</p> <p><i>Presidents Day</i></p> | <p>20</p> <p>A.N.T.S. (AUTOMATIC NEGATIVE THOUGHTS) 10:30AM</p> <p>CREATIVE ARTS 11:30AM</p> <p>MUSIC APPRECIATION 1:30PM</p> | <p>21</p> <p>COMMUNJITY MEAL PREP 10:30AM</p> <p>COMMUNITY MEETING 12:00PM CELEBRATE FEB BD'S</p> <p>JOURNALING 1:30PM</p> | <p>22</p> <p>LAUGHING GROUP 10:30AM</p> <p>RECOVERY TOPICS 11:30PM</p> <p>TASKS & VALUES 1:30PM</p> | <p>23</p> <p>STRESS MANAGEMENT & RELAXATION 10:30AM</p> <p>W.R.A.P. 11:30PM</p> <p>MEN'S GROUP 1:30PM</p> <p>PANDORA'S VOICE 1:30PM</p> | <p>24</p> <p>WEEKEND RELIEF</p> |
| <p>25</p> <p>CLOSED</p> | <p>26</p> <p>MEMBER DRIVEN GROUP 10:30AM</p> <p>INTENTIONALLY PRACTICING IPS 11:30AM</p> <p>BOOKWORM GROUP 1:30PM</p> | <p>27</p> <p>A.N.T.S. (AUTOMATIC NEGATIVE THOUGHTS) 10:30AM</p> <p>CREATIVE ARTS 11:30AM</p> <p>MUSIC APPRECIATION 1:30PM</p> | <p>28</p> <p>CONVERSATIONS OF HOPE 10:30AM</p> <p>CONNECTIONS* 11:30AM</p> <p>JOURNALING 1:30PM</p> | <p>CONSUMER COUNCIL</p> <p>Tuesday February 20th 10:00am – 1:00pm</p> <p>Sign up at the Center</p> | | |