






DERRY — JANUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED 	2 A.N.T.S. (AUTOMATIC NEGATIVE THOUGHTS) 10:30AM ——— CREATIVE ARTS 11:30AM ——— MUSIC APPRECIATION 1:30PM	3 CONVERSATIONS OF HOPE 10:30AM ——— CONNECTIONS* 11:30AM ——— JOURNALING 1:30PM	4 UNDERSTANDING & MANAGING YOUR EMOTIONS 10:30AM ——— RECOVERY TOPICS 11:30PM ——— TASKS & VALUES 1:30PM	5 STRESS MANAGEMENT & RELAXATION* 10:30AM ——— W.R.A.P. 11:30PM ——— MEN'S GROUP 1:30PM ——— PANDORA'S VOICE 1:30PM	6 WEEKEND RELIEF
7 CLOSED	8 MEMBER DRIVEN GROUP 10:30AM ——— INTENTIONALLY PRACTICING IPS 11:30AM ——— BOOKWORM GROUP 1:30PM	9 A.N.T.S. (AUTOMATIC NEGATIVE THOUGHTS) 10:30AM ——— CREATIVE ARTS 11:30AM ——— MUSIC APPRECIATION 1:30PM	10 CONVERSATIONS OF HOPE 10:30AM ——— CONNECTIONS* 11:30AM ——— JOURNALING 1:30PM	11 LAUGHING GROUP 10:30AM ——— RECOVERY TOPICS 11:30PM ——— TASKS & VALUES 1:30PM	12 STRESS MANAGEMENT & RELAXATION 10:30AM ——— W.R.A.P. 11:30PM ——— MEN'S GROUP 1:30PM ——— PANDORA'S VOICE 1:30PM	13 WEEKEND RELIEF
14 CLOSED	15 CLOSED 	16 A.N.T.S. (AUTOMATIC NEGATIVE THOUGHTS) 10:30AM ——— CREATIVE ARTS 11:30AM ——— MUSIC APPRECIATION 1:30PM	17 CONVERSATIONS OF HOPE 10:30AM ——— CONNECTIONS* 11:30AM ——— JOURNALING 1:30PM	18 UNDERSTANDING & MANAGING YOUR EMOTIONS 10:30AM ——— RECOVERY TOPICS 11:30PM ——— TASKS & VALUES 1:30PM	19 STRESS MANAGEMENT & RELAXATION 10:30AM ——— W.R.A.P. 11:30PM ——— MEN'S GROUP 1:30PM ——— PANDORA'S VOICE 1:30PM	20 WEEKEND RELIEF
21 CLOSED	22 MEMBER DRIVEN GROUP 10:30AM ——— INTENTIONALLY PRACTICING IPS 11:30AM ——— BOOKWORM GROUP 1:30PM	23 KARAOKE DAY COME & SING ALONG WITH US OR JUST COME AND LISTEN 10:30AM ——— MUSIC APPRECIATION 1:30PM	24 COMMUNITY MEAL PREP 10:30AM ——— COMMUNITY MEETING 12:00PM CELEBRATE JAN BD'S ——— CONNECTIONS* 11:30AM ——— JOURNALING 1:30PM	25 LAUGHING GROUP 10:30AM ——— RECOVERY TOPICS 11:30PM ——— TASKS & VALUES 1:30PM	26 STRESS MANAGEMENT & RELAXATION 10:30AM ——— W.R.A.P. 11:30PM ——— MEN'S GROUP 1:30PM ——— PANDORA'S VOICE 1:30PM	27 WEEKEND RELIEF
28 CLOSED	29 MEMBER DRIVEN GROUP 10:30AM ——— INTENTIONALLY PRACTICING IPS 11:30AM ——— BOOKWORM GROUP 1:30PM	30 A.N.T.S. (AUTOMATIC NEGATIVE THOUGHTS) 10:30AM ——— CREATIVE ARTS 11:30AM ——— MUSIC APPRECIATION 1:30PM	31 CONVERSATIONS OF HOPE 10:30AM ——— CONNECTIONS* 11:30AM ——— JOURNALING 1:30PM	CONSUMER COUNCIL Tuesday January 16th 10:00am – 1:00pm Sign up at the Center	 BOARD MEETING Thursday January 18th 6:00pm Derry PSA Members are Encouraged to Attend	