



FEBRUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group 1:00 WRAP	2 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Healthy Meals on a Budget 6:30 NA Meeting	3 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Singing and Dancing
6 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 Trauma Survivors	7 Question of the day 10:15 Journaling 10:30 TED Talks 11:00 Calming Coloring 12:30 Reiki with Renee 7:00 NA Meeting	8 Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group 1:00 WRAP	9 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Writing Your Story 6:30 NA Meeting	10 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Fun and Games
13 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 Trauma Survivors	14 Question of the day 10:15 Journaling 10:30 Ted Talks 11:00 Calming Coloring 7:00 NA Meeting	15 Question of the day 8:00 Staff Meeting 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 12:30 Community Meeting	16 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Healthy Meals on a Budget 6:30 NA Meeting	17 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Singing and Dancing
20 CLOSED PRESIDENTS' DAY	21 Question of the day 10:00 NH Mental Health Peer Alliance 10:15 Journaling 10:30 TED Talks 11:00 Calming Coloring 12:30 Reiki with Renee 7:00 NA Meeting	22 Question of the day 9:45 Meditation 10:15 Women's Group 11:15 Men's Group 1:00 WRAP	23 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Making a Healthy Meal 6:30 NA Meeting	24 Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Fun and Games
27 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 Trauma Survivors	28 Question of the day 10:15 Journaling 10:30 Ted Talks 11:00 Calming Coloring 12:30 Reiki with Renee 7:00 NA Meeting			