



February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Crocheting and Knitting Lessons 1:00 Poetry with Cubes 7:00 NA Meeting	2 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Singing and Dancing
5 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Digital/Book Coloring 12:30 Hearing Voices Network 2:00 Clean Team	6 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Dare to Lead 12:00 Reiki with Renee 12:00 Help with Housing Applications 7:00 NA Meeting	7 Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 1:00 Wellness and Recovery 2:00 Clean Team	8 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Valentine's Craft 1:00 Cooking with Sharon 7:00 NA Meeting	9 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Games and Puzzles
12 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Digital/Book Coloring 12:15 Hearing Voices Network 2:00 Clean Team	13 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:00 NH Mental Health Peer Alliance 12:00 Reiki with Renee 12:00 Help with Housing Applications 7:00 NA Meeting	14 Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 1:00 Book Club 2:00 Clean Team	15 Riddle of the day Newsletter Submissions Due 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Crocheting and Knitting Lessons 1:00 Budgeting 7:00 NA Meeting	16 <p style="text-align: center;">CLOSED FOR STAFF DEVELOPMENT</p>
19 <p style="text-align: center;">CLOSED FOR PRESIDENTS DAY</p> 	20 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Dare to Lead 12:00 Help with Housing Applications 12:30 Trivia with Erica 7:00 NA Meeting	21 Riddle of the day 8:30 Staff Meeting 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 12:00 Community Meeting	22 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Making Pin Cushions 1:00 Historical Trivia 7:00 NA Meeting	23 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Games and Puzzles
26 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Digital/Book Coloring 12:15 Hearing Voices Network 2:00 Clean Team	27 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Dare to Lead 12:00 Reiki with Renee 12:00 Help with Housing Applications 7:00 NA Meeting	28 Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 1:00 Wellness and Recovery 2:00 Clean Team 5 pm Board Meeting	29 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Decorating Candles 1:00 Dream Big 7:00 NA Meeting	Alcoholics Anonymous Saturdays 7 pm Rochester Municipal Welfare Department Help with Housing Applications Tuesdays from 12:00 pm to 2:30 pm

Hearing Voices Network

Hearing Voices Groups are simply people with shared experiences coming together to support one another. They offer a safe haven where people who hear, see or sense things that other people don't can feel accepted, valued and understood.

Mondays at 12:15 pm

The Letting Go Guided Journal

Learn how to remove your inner blocks to happiness, about love and success.

Wednesdays at 10:30 am

Dare to Lead

Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential.

Tuesdays 10:30 am

NH Mental Health Peer Alliance

Meet peers from around the state and learn about resources and programs at other peer support agencies.

Third Tuesday at 10:00 am

It's Grief: The Dance of Self Discovery

Examines the emotional and devastating impact of loss and trauma. The book illuminates how the brain holds the complex circuitry of grief and then provides choices to help deal with it.

Wednesdays at 10:15 am

Community Meeting/Educational Presentation

Join us for the community meeting where we discuss what is going well and what we would like to see change.

Third Wednesday at 12:00 pm

Ted Talks

Gather together to listen to dynamic speaker's present information on different topics of interest to members.

Thursdays at 10:30 am

Art as Recovery

Come relax and paint with artistic freedom.

Fridays at 10:30 am

Board Meeting

Join us for our Board meeting. All members welcome. If interested talk to Heather Walker-McConihe for zoom link. All you need is a functioning phone.

Last Wednesday of the month at 5:00 pm