



MARCH 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 Winning Against Relapse: Book by M. Copeland | 2 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Shopping Healthy on a Budget 6:30 NA Meeting | 3 Question of the day 9:45 Meditation 10:30 Vision Boards 1:00 Singing and Dancing |
| 6 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 The Body Keeps the Score | 7 Question of the day 10:15 Journaling: Peculiar Pet 10:30 TED Talks 11:00 Digital/Book 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 Winning Against Relapse: Book by M. Copeland | 9 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Shopping Smart 6:30 NA Meeting | 10 Question of the day 9:45 Meditation 10:30 Goal Setting 1:00 Fun and Games |
| 13 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 The Body Keeps the Score | 14 Question of the day 10:15 Journaling: En-tite-ment 10:30 Ted Talks 11:00 Digital/Book Coloring 12:30 Reiki with Renee 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 Shopping Healthy on a Budget 6:30 NA Meeting | 17 Question of the day 9:45 Meditation 10:30 Vision Boards 1:00 Singing and Dancing |
| 20 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 The Body Keeps the Score | 21 Question of the day 10:00 NH Mental Health Peer Alliance 10:15 Journaling: Pick Six 10:30 TED Talks 11:00 Digital/Book 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 Winning Against Relapse: Book by M. Copeland | 23 Question of the day 9:45 Meditation 10:15 Awaken to Your True Self 11:15 Creative Arts 1:00 Shopping Smart 6:30 NA Meeting | 24 Question of the day 9:45 Meditation 10:30 Goal Setting 1:00 Fun and Games |
| 27 Question of the day 10:15 Yoga 11:15 Atlas of the Heart 1:00 The Body Keeps the Score | 28 Question of the day 10:15 Journaling: Chip of the Old Block 10:30 Ted Talks 11:00 Digital/Book Coloring 12:30 Reiki with Renee 7:00 NA Meeting | | | |

CALENDAR SUBJECT TO CHANGE