



May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Transportation Available to Agency Call for Details 603-948-1036</p>	<p>Alcoholics Anonymous Wednesdays and Sundays 7 pm</p>	<p>1 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 7:00 AA Meeting</p>	<p>2 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Crocheting and Knitting Lessons 1:00 Vision Boards 7:00 NA Meeting</p>	<p>3 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Singing and Dancing</p>
<p>6 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Virtual Tour 12:30 Hearing Voices Network 2:00 Clean Team</p>	<p>7 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Art of Positive thinking 12:00 Reiki with Renee 7:00 NA Meeting</p>	<p>8 Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 1:00 Boundaries 2:00 Clean Team 7:00 AA Meeting</p>	<p>9 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Painting Rocks 1:00 Healthy Meals on a Budget 7:00 NA Meeting</p>	<p>10 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Games and Puzzles</p>
<p>13 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Sharing Healthy Recipes 12:30 Hearing Voices Network 2:00 Clean Team</p>	<p>14 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Art of Positive Thinking 12:00 Reiki with Renee 7:00 NA Meeting</p>	<p>15 Riddle of the day Newsletter Submissions 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 12:00 Community Meeting 7:00 AA Meeting</p>	<p>16 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:00 Field Trip to the Beach 10:30 Ted Talks 11:30 Virtual Field Trip 7:00 NA Meeting</p>	<p>17 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Singing and Dancing</p>
<p>20 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Virtual Tour 12:30 Hearing Voices Network 2:00 Clean Team</p>	<p>21 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:00 NH Mental Health Peer Alliance 11:00 Trivia 12:30 Calming Coloring 7:00 NA Meeting</p>	<p>22 Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 12:00 Reiki with Renee 1:00 Living Within Your Means 7:00 AA Meeting</p>	<p>23 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Making Dreamcatchers Part One 1:00 Dreamcatchers Part two 7:00 NA Meeting</p>	<p>24 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Games and Puzzles</p>
<p>CLOSED FOR MEMORIAL DAY </p>	<p>28 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Art of Positive Thinking 12:00 Reiki with Renee 7:00 NA Meeting</p>	<p>29 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 5:00 Board Meeting 7:00 AA Meeting</p>	<p>30 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Fabric Coasters 1:00 Smartphone Photography 7:00 NA Meeting</p>	<p>31 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Singing and Dancing 2:00 Closing for Staff Meeting</p>

Meditation **Daily at 9:45 am**

The deliberate focusing of attention to bring about feelings of calm and heightened energy and awareness.

Clean Team **Daily/Times vary**

Members join together and clean what needs to be cleaned in the agency.

Hearing Voices Network **Mondays at 12:30 pm**

Hearing Voices Groups offer a safe haven where people who hear, see, or sense things that other people don't, can feel accepted, valued and understood.

The Letting Go Guided Journal **Mondays at 10:30 am**

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

The Art of Positive Thinking **Tuesdays 10:30 am**

The benefits of positive thinking and how to slowly change a negative thought pattern so that you can be happier. Discover effective ways to alter a negative thought pattern so that you can have a more positive outlook on life.

Reiki **Tuesdays 12:00 pm**

A technique that uses energy force to reduce stress and anxiety and encourage relaxation.

NH Mental Health Peer Alliance **Third Tuesday at 10:00 am**

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

It's Grief: The Dance of Self Discovery **Wednesdays at 10:15 am**

Explore the book that illuminates how the brain holds the complex circuitry of grief and then provides choices to help deal with it.

Men's Group **Wednesdays at 11:15 am**

A group of men that meet on a regular basis to share what is happening in their lives and receive guidance on how best to navigate their situation.

Community Meeting/Educational Presentation **Third Wednesday at 12:00 pm**

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

Ted Talks **Thursdays at 10:30 am**

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

Art as Recovery **Fridays at 10:30 am**

Come relax and paint with artistic freedom.

Board Meeting **Last Wednesday of the month at 5:00 pm**

All members welcome. All you need is a functioning phone. Please talk to Heather Walker-McConihe for zoom link.