



# July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Riddle of the Day 9:45 Meditation <b>10:30 Ted Talks</b> 11:30 Calming Coloring <b>12:30 Exploring Experiences</b> 2:00 Clean Team</p>	<p><b>2</b> Riddle of the Day 9:45 Walking Group 10:00 Clean Team <b>10:30 Art of Positive Thinking</b> <b>12:00 Reiki with Renee</b> <b>7:00 NA Meeting</b></p>	<p><b>3</b> Riddle of the Day 9:45 Meditation <b>10:15 It's Grief: The Dance of Self Discovery</b> 11:15 Men's Group 1:00 Wellness and Recovery 2:00 Clean Team <b>7:00 AA Meeting</b></p>	<p><b>4</b> <b>CLOSED</b></p> 	<p><b>5</b> <b>CLOSED</b></p> 
<p><b>8</b> Riddle of the Day 9:45 Meditation <b>10:30 Ted Talks</b> 11:30 Calming Coloring <b>12:30 Exploring Experiences</b> 2:00 Clean Team</p>	<p><b>9</b> Riddle of the Day 9:45 Walking Group 10:00 Clean Team <b>10:30 Art of Positive Thinking</b> <b>12:00 Reiki with Renee</b> <b>7:00 NA Meeting</b></p>	<p><b>10</b> Riddle of the Day 9:45 Meditation <b>10:15 It's Grief: The Dance of Self Discovery</b> 11:15 Men's Group 1:00 Wellness and Recovery 2:00 Clean Team <b>7:00 AA Meeting</b></p>	<p><b>11</b> Riddle of the Day 9:45 Walking Group 10:00 Clean Team <b>10:30 How to Feel Good About Yourself</b> 11:30 Making A Sugar Scrub <b>12:30 Historical Walking Tour</b> <b>7:00 NA Meeting</b></p>	<p><b>12</b> Riddle of the Day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Anagram Puzzles and Wordle</p>
<p><b>15</b> Riddle of the Day <b>Newsletter Submissions</b> 9:45 Meditation <b>10:30 Ted Talks</b> 11:30 Calming Coloring <b>12:30 Exploring Experiences</b> 2:00 Clean Team</p>	<p><b>16</b> Riddle of the Day 9:45 Walking Group 10:00 Clean Team <b>10:00 NH Mental Health Peer Alliance</b> 1:00 Trivia <b>7:00 NA Meeting</b></p>	<p><b>17</b> Riddle of the Day 9:45 Meditation <b>10:15 It's Grief: The Dance of Self Discovery</b> <b>12:00 Community Meeting/Capital Recovery Health</b> <b>7:00 AA Meeting</b></p>	<p><b>18</b> Riddle of the Day 9:45 Walking Group 10:00 Clean Team <b>10:30 How to Feel Good About Yourself</b> <b>12:00 Reiki with Renee</b> <b>7:00 NA Meeting</b></p>	<p><b>19</b> Riddle of the Day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Singing and Dancing</p>
<p><b>22</b> Riddle of the Day 9:45 Meditation <b>10:30 Ted Talks</b> 11:30 Calming Coloring <b>12:30 Exploring Experiences</b> 2:00 Clean Team</p>	<p><b>23</b> Riddle of the Day 9:45 Walking Group 10:00 Clean Team <b>10:30 Art of Positive Thinking</b> <b>12:00 Reiki with Renee</b> <b>7:00 NA Meeting</b></p>	<p><b>24</b> Riddle of the Day 9:45 Meditation <b>10:15 It's Grief: The Dance of Self Discovery</b> 11:15 Men's Group 1:00 Wellness and Recovery <b>7:00 AA Meeting</b></p>	<p><b>25</b> Riddle of the Day 9:45 Walking Group 10:00 Clean Team <b>10:00 Hilton Park Field Trip</b> <b>10:30 How to Feel Good About Yourself</b> 11:30 Friendship Bracelets <b>7:00 NA Meeting</b></p>	<p><b>26</b> Riddle of the Day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 12:00 Crossword Puzzles <b>2:00 Closing for Staff Meeting</b></p>
<p><b>29</b> Riddle of the Day 9:45 Meditation <b>10:30 Ted Talks</b> 11:30 Calming Coloring <b>12:30 Exploring Experiences</b> 2:00 Clean Team</p>	<p><b>30</b> Riddle of the Day 9:45 Walking Group 10:00 Clean Team <b>10:30 Art of Positive Thinking</b> <b>12:00 Reiki with Renee</b> <b>7:00 NA Meeting</b></p>	<p><b>31</b> Riddle of the Day 9:45 Meditation <b>10:15 It's Grief: The Dance of Self Discovery</b> 11:15 Men's Group 1:00 Wellness and Recovery <b>5:00 Board Meeting</b> <b>7:00 AA Meeting</b></p>	<p><b>Transportation Available to Agency Call for Details 603-948-1036</b></p>	<p><b>Alcoholics Anonymous Wednesdays and Sundays 7 pm</b></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.

**Exploring Experiences**      **Mondays at 12:30 pm**

This Hearing Voices Network Group offers a safe haven where people who hear, see, or sense things that other people don't, can feel accepted, valued and understood

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

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

**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.

**How to Feel Good About Yourself**      **Thursdays at 10:30 am**

Feeling truly good about yourself means accepting and adoring the person you are on the inside and the outside.

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

Come relax and paint, color or draw 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.