



AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Question of the day 9:45 Meditation 10:15 Why you feel what you feel 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>2</p> <p>Question of the day 9:45 Meditation 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks 7:00 NA Meeting</p>	<p>3</p> <p>Question of the day 9:45 Meditation 10:15 The Gifts of Imperfection 11:15 Men's Group 1:00 Adverse Childhood Experiences</p>	<p>4</p> <p>Question of the day 9:45 Meditation 10:15 Women's Group 11:00 Fun and Games 1:00 Healthy meals on a Budget 6:30 NA Meeting</p>	<p>5</p> <p>Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:30 Crafts</p>
<p>8</p> <p>Question of the day 9:45 Meditation 10:15 The power of not reacting 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>9</p> <p>Question of the day 9:45 Meditation 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks 7:00 NA Meeting</p>	<p>10</p> <p>Question of the day 9:45 Meditation 10:15 The Gifts of Imperfection 11:15 Men's Group 12:00 Breaking Bread 12:30 Community Meeting/Bonfire</p>	<p>11</p> <p>Question of the day 9:45 Meditation 10:15 Women's Group 11:00 Bingo 1:00 Budgeting 6:30 NA Meeting</p>	<p>12</p> <p>Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 10:00 Tall Ship Tours 1:00 Singing and Dancing</p>
<p>15</p> <p>Question of the day 9:45 Meditation 10:15 Documentary of Emotional Intelligence 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>16</p> <p>Question of the day 9:45 Meditation 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks 7:00 NA Meeting</p>	<p>17</p> <p>Question of the day 9:45 Meditation 10:15 The Gifts of Imperfection 11:15 Men's Group 1:00 Adverse Childhood Experiences</p>	<p>18</p> <p>Question of the day 9:45 Meditation 10:15 Women's Group 11:00 Fun and Games 1:00 Healthy Meals on a Budget 6:30 NA Meeting</p>	<p>19</p> <p>Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:30 Crafts</p>
<p>22</p> <p>Question of the day 9:45 Meditation 10:15 Control your emotions 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>23</p> <p>Question of the day 9:45 Meditation 10:00 NH Mental Health Peer Alliance 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks 7:00 NA Meeting</p>	<p>24</p> <p>Question of the day 9:45 Meditation 10:15 The Gifts of Imperfection 11:15 Men's Group 1:00 Adverse Childhood Experiences</p>	<p>25</p> <p>Question of the day 9:45 Meditation 10:15 Women's Group 11:00 Bingo 1:00 Soup or Salad Making 6:30 NA Meeting</p>	<p>26</p> <p>Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Singing and Dancing</p>
<p>29</p> <p>Question of the day 9:45 Meditation 10:15 Feelings: Handle them before they handle you 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>30</p> <p>Question of the day 9:45 Meditation 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks 7:00 NA Meeting</p>	<p>31</p> <p>Question of the day 9:45 Meditation 10:15 The Gifts of Imperfection 11:15 Men's Group 1:00 Adverse Childhood Experiences 5:00 Board Meeting via Zoom (Members Welcome!)</p>		