

# NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Question of the day 10:15 Journaling 10:30 Creative Arts 12:30 <b>Reiki with Renee</b> <b>7:00 NA Meeting</b></p>	<p>2</p> <p>Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group 1:00 WRAP</p>	<p>3</p> <p>Question of the day <b>10:15 Yoga</b> 11:30 Fun and Games 1:00 Writing Your Story <b>6:30 NA Meeting</b></p>	<p>4</p> <p>Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 1:00 Singing and Dancing</p>
<p>7</p> <p>Question of the day 9:45 Meditation 10:15 Atlas of the Heart 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>8</p> <p>Question of the day 10:15 Journaling 10:30 Creative Arts 12:30 <b>Reiki with Renee</b> <b>7:00 NA Meeting</b></p> <p><b>ELECTION DAY!!!!</b></p>	<p>9</p> <p>Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group <b>12:30 Reiki Presentation by Renee</b></p>	<p>10</p> <p><b>12:15 Yoga</b> 1:00 Making Overnight Oats <b>6:30 NA Meeting</b></p>	<p>11</p> <p><b>CLOSED</b></p>
<p>14</p> <p>Question of the day 9:45 Meditation 10:15 Atlas of the Heart 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>15</p> <p>Question of the day 10:00 NH Mental Health Peer Alliance 10:15 Journaling 10:30 Creative Arts <b>12:30 Reiki with Renee</b> <b>7:00 NA Meeting</b></p>	<p>16</p> <p>Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group <b>12:30 Community Meeting/ Harm Reduction Presentation</b></p>	<p>17</p> <p>Question of the day <b>10:15 Yoga</b> 11:30 Fun and Games 1:00 Writing Your Story <b>6:30 NA Meeting</b></p>	<p>18</p> <p>Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:30 Crafts</p>
<p>21</p> <p>Question of the day 9:45 Meditation 10:15 Atlas of the Heart 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>22</p> <p>Question of the day 10:15 Journaling 10:30 Creative Arts <b>12:30 Reiki with Renee</b> <b>7:00 NA Meeting</b></p>	<p>23</p> <p>Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group 1:00 WRAP</p>	<p>24</p> <p><b>CLOSED</b></p>	<p>25</p> <p><b>CLOSED</b></p>
<p>28</p> <p>Question of the day 9:45 Meditation 10:15 Atlas of the Heart 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>29</p> <p>Question of the day 10:15 Journaling 10:30 Creative Arts <b>12:30 Reiki with Renee</b> <b>7:00 NA Meeting</b></p>	<p>30</p> <p>Question of the day 9:45 Meditation 10:15 23 Ways to Stop Overthinking 11:15 Men's Group 1:00 WRAP <b>5:00 Board Meeting via Zoom (Members Welcome!)</b></p>		