






<p>Center Hours:</p> <p>Upstairs Monday-Friday 9am to 5:00pm</p> <p>Downstairs Monday – Friday 9am to 6:00pm</p> <p>24 Vernon Street Keene, NH 03431 603-352-5093</p> <p>Joining us via  zoom?</p> <p>Zoom ID: 603 352 5094</p>				<p>1</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Anxiety and Depression</b> 10:30am to 11:30am</p> <p><b>Community Lunch</b> 12pm to 1pm</p> <p><b>LUNCH TIME</b></p> <p><b>Jammin in the Gym</b> 2pm to 2:45pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Veterans Group</b> 5:00pm to 6:00pm</p>
<p>4</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Building Boundaries</b> 10:30am – 11:30am</p> <p><b>Fit &amp; Active</b> 11:45am to 12:30pm</p> <p> <b>Gaming</b>  1pm to 2:30pm</p> <p><b>Feelings of Anger</b> 3pm to 4pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Domestic Violence Survivors</b> 5:00pm to 6:00pm</p>	<p>5</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Trauma Survivors</b> 10:30am to 11:30am</p> <p><b>IPS Skills</b> 1pm to 2pm</p> <p><b>Women's Group</b> 2pm to 3pm</p> <p><b>Tea Time</b>  3pm to 4pm</p> <p><b>Addiction and Recovery</b> 3pm to 4pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p>	<p>6</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Healthy Eating</b> 10:30am 12:00pm</p> <p> <b>Van Shopping Trip*</b> 12:30pm to 2:30pm</p> <p><b>Fit &amp; Active</b> 1pm to 1:45pm</p> <p><b>Beyond the Diagnosis</b> 2pm to 3pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Bipolar/Depression</b> 5:00pm to 6:00pm</p>	<p>7</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Life Skills</b> 10:30am to 11:30am</p> <p><b>Munchies and Movies</b> 12:30pm – 2pm</p> <p><b>MOVIE TIME</b> </p> <p><b>Isolation Support</b> 3pm to 4pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Autism Group</b> 6:30pm to 8pm</p>	<p>8</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Anxiety and Depression</b> 10:30am to 11:30am</p> <p><b>Community Lunch</b> 12pm to 1pm</p> <p><b>LUNCH TIME</b></p> <p><b>Trip to the YMCA</b> 1:30pm to 3:30pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Veterans Group</b> 5:00pm to 6:00pm</p>
<p>11</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Building Boundaries</b> 10:30am – 11:30am</p> <p><b>Fit &amp; Active</b> 11:45am to 12:30pm</p> <p> <b>Gaming</b>  1pm to 2:30pm</p> <p><b>Feelings of Anger</b> 3pm to 4pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Domestic Violence Survivors</b> 5:00pm to 6:00pm</p>	<p>12</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Ware's Grove Beach Spofford Lake</b> 10am-2pm</p> <p> <b>IPS Skills</b> 1pm to 2pm</p> <p><b>Women's Group</b> 2pm to 3pm</p> <p><b>Tea Time</b>  3pm to 4pm</p> <p><b>Addiction and Recovery</b> 3pm to 4pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p>	<p>13</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Healthy Eating</b> 10:30am 12:00pm</p> <p> <b>Van Shopping Trip*</b> 12:30pm to 2:30pm</p> <p><b>Fit &amp; Active</b> 1pm to 1:45pm</p> <p><b>Beyond the Diagnosis</b> 2pm to 3pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Bipolar/Depression</b> 5:00pm to 6:00pm</p>	<p>14</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Life Skills</b> 10:30am to 11:30am</p> <p><b>Munchies and Movies</b> 12:30pm – 2pm</p> <p><b>MOVIE TIME</b> </p> <p><b>Isolation Support</b> 3pm to 4pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Autism Group</b> 6:30pm to 8pm</p>	<p>15</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Anxiety and Depression</b> 10:30am to 11:30am</p> <p><b>Community Lunch</b> <b>Ice cream Sundae Bar</b> 12pm to 2pm</p> <p><b>LUNCH TIME</b></p> <p><b>Jammin in the Gym</b> 2pm to 2:45pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Veterans Group</b> 5:00pm to 6:00pm</p>
<p>18</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Building Boundaries</b> 10:30am – 11:30am</p> <p><b>Fit &amp; Active</b> 11:45am to 12:30pm</p> <p> <b>Gaming</b>  1pm to 2:30pm</p> <p><b>Feelings of Anger</b> 3pm to 4pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Domestic Violence Survivors</b> 5:00pm to 6:00pm</p>	<p>19</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Trauma Survivors</b> 10:30am to 11:30am</p> <p><b>Lunch &amp; Learn Community Meeting</b> 12pm-1pm</p> <p><b>IPS Skills</b> 1pm to 2pm</p> <p><b>Women's Group</b> 2pm to 3pm</p> <p><b>Tea Time</b>  3pm to 4pm</p> <p><b>Addiction and Recovery</b> 3pm to 4pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p>	<p>20</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Community Clean up</b> <b>9:45am-11am</b></p> <p><b>Healthy Eating</b> 10:30am 12:00pm</p> <p> <b>Van Shopping Trip*</b> 12:30pm to 2:30pm</p> <p><b>Fit &amp; Active</b> 1pm to 1:45pm</p> <p><b>Beyond the Diagnosis</b> 2pm to 3pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Bipolar/Depression</b> 5:00pm to 6:00pm</p>	<p>21</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Life Skills</b> 10:30am to 11:30am</p> <p><b>Munchies and Movies</b> 12:30pm – 2pm</p> <p><b>MOVIE TIME</b> </p> <p><b>Isolation Support</b> 3pm to 4pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Autism Group</b> 6:30pm to 8pm</p>	<p>22</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Anxiety and Depression</b> 10:30am to 11:30am</p> <p><b>Community Lunch</b> 12pm to 1pm</p> <p><b>LUNCH TIME</b></p> <p><b>Tie Dye Friday</b> 1pm-3:30pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Veterans Group</b> 5:00pm to 6:00pm</p>
<p>25</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Building Boundaries</b> 10:30am – 11:30am</p> <p><b>Fit &amp; Active</b> 11:45am to 12:30pm</p> <p><b>Gaming</b> 1pm to 2:30pm</p> <p>  <b>Feelings of Anger</b> 3pm to 4pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Domestic Violence Survivors</b> 5:00pm to 6:00pm</p>	<p>26</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Trauma Survivors</b> 10:30am to 11:30am</p> <p><b>IPS Skills</b> 1pm to 2pm</p> <p><b>Women's Group</b> 2pm to 3pm</p> <p><b>Tea Time</b>  3pm to 4pm</p> <p><b>Addiction and Recovery</b> 3pm to 4pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p>	<p>27</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Healthy Eating</b> 10:30am 12:00pm</p> <p> <b>Van Shopping Trip*</b> 12:30pm to 2:30pm</p> <p><b>Fit &amp; Active</b> 1pm to 1:45pm</p> <p><b>Beyond the Diagnosis</b> 2pm to 3pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Bipolar/Depression</b> 5:00pm to 6:00pm</p>	<p>28</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Life Skills</b> 10:30am to 11:30am</p> <p><b>Munchies and Movies</b> 12:30pm – 2pm</p> <p><b>MOVIE TIME</b> </p> <p><b>Isolation Support</b> 3pm to 4pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Monthly Board Meeting</b> 5:30pm to 7pm</p> <p><b>Autism Group</b> 6:30pm to 8pm</p>	<p>29</p> <p><b>Check-in</b> 9:00am to 9:30am</p> <p><b>Anxiety and Depression</b> 10:30am to 11:30am</p> <p><b>Community Lunch</b> 12pm to 1pm</p> <p><b>LUNCH TIME</b></p> <p><b>Trip to the YMCA</b> 1:30pm to 3:30pm</p> <p><b>Check-out</b> 4:15pm to 4:45pm</p> <p><b>Veterans Group</b> 5:00pm to 6:00pm</p>

# Group Descriptions

## Addiction and Recovery

The purpose of the group is to act as a support system for each other. We talk openly and honestly about our addiction and recovery. This group provides us with a safe place to talk about these issues and aims to give us a sense of hope for the future.

## Anxiety and Depression

This group offers a non-judgment arena for peers to talk openly and honestly about their anxiety, depression and mental health and how they intertwine with each other. The group will remain confidential and offer support and empathy through sharing and discussion.

## Autism Group

This group is a wonderful opportunity for adults with autism to come together, socialize, and just have fun! This well-established group provides a space in which adults on the on the autism spectrum can support one another by cultivating connections through fun, group-chosen activities, and entertaining social interaction. All group members choose group activities together.

## Beyond Bi-Polar/Depression

The purpose of this group is to provide us with the opportunity to talk honesty and openly about experiences often labeled as depression or bipolar. It is a place where we can find connection and understanding by talking about our common experiences. As peers we create an environment where it is safe to take risks and where we can get support and give support and get feedback and give feedback. This group reminds us that we are not a diagnosis. We are worthy human beings that deserve to live happy and fulfilling lives.

## Building Boundaries

Setting boundaries is an important part of establishing one’s identity and is a crucial aspect of mental health and wellbeing. Boundaries can be physical or emotional, and they can range from being loose to rigid, with healthy boundaries often falling somewhere in between. Learning to show compassion and kindness to yourself is crucial in setting healthy boundaries. This group is a confidential opportunity to discuss what healthy boundaries are and how to set them, why healthy boundaries are important for self-care, and how to explain boundaries to adults and children.

## Beyond The Diagnosis

This support group is for those individuals who have been diagnosed with a mental, medical, or physical condition, and would like to share with others about what that means for them. The group discussions may talk about topics such as, how they felt when they were first diagnosed, how their worldview may have changed their life, and the stigma around it.

## Check-in and Check-out

A question and quote are read at the beginning of Check-in/Check-out to reflect on if people want to. This is not a discussion group, but not more of a space for individuals to share. Often in our lives, we are not listened to, and we are told what we think. This space also allows us to practice the idea that “you are the expert on yourself”

## Domestic Violence Survivors workshop group

Designed to be a safe, confidential space for domestic abuse victims, survivors, and advocates to come together and share their experiences and lean on one another, Our group offers a space to connect with other survivors and support victims cope with domestic violence while building healthy friendships and relationships and available to either men or women.

## Fit & Active

Come to the gym and do a fun and exciting 45 min workout!

## Feelings Of Anger

The purpose of this group is to provide us with the opportunity to talk honestly and openly about experiences often labeled as rage or anger.

## Gaming Group

Board games, video games we have it all! Come game with us!

## Healthy Eating Group

Come learn how to make healthy recipes and after you get to sample your healthy creations!

## Isolation Support

This is a safe space designed for us to come together to address our concerns and feelings of isolation, that may bring us sadness, fear, etc. Sometimes, just being able to get together and play a game feels a lot better than being alone.

## IPS Skills

Want to learn more about intentional peer support and how to apply it? This is the group for you. Learn about the 3 principles of IPS ( Helping to Learning Together, Individual to relationship and Fear to Hope and Possibility) and learn about the 4 tasks of IPS ( Mutuality, Moving Towards, Connection and World View).

## Jammin’ in the Gym

Join us in the gym as we listen to some tunes and get our bodies moving.

## Life Skills

This group is where we can lean on one another to learn life skills to be more independent. This could be anything ranging from sewing , cooking, finances, meal planning, cleaning and more. A modern-day home ec!

## Tea Time

Come join the fun with some great tea, snacks and conversation!

## Trauma Survivors

Trauma Survivors is a place where individuals affected by trauma, past, or present, can talk openly about the effects of trauma ( mental or physical) without criticism or judgment. The group is facilitated by peers who have had personal experience with trauma and who can offer support for others who have been through/are going through trauma. It is a group where people can find understanding , hope, and compassion and can find that they are not alone and damaged.

## Veteran’s Group

This group enhances communication and fosters bonds among Veterans. We meet to find friendship and brotherhood, share resources, and most of all to give each other support.

## Women’s Group

Women's Group is a place where women can talk openly and not feel inhibited to build community among themselves. The group will foster good conversation, a feeling of validity, improvement in self-esteem, and confidence. It will also provide a space for women to learn something about themselves.