

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Center Hours:

Upstairs
Monday-Friday
9am to 5:00pm

Downstairs
Monday - Friday
9am to 6:00pm

24 Vernon Street
Keene, NH 03431
603-352-5093

Joining us via  zoom?

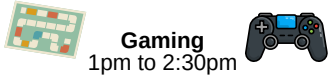
Zoom ID: 603 352 5094



3 **Check-in**
9:15am to 9:45am

Fit & Active
11am to 11:45am

IPS Skills
12pm to 1pm



Gaming
1pm to 2:30pm

Feelings of Anger
3pm to 4pm

Check-out
4:15pm to 4:45pm

Divorce Support Group
5:30pm to 6:30pm

4 **Check-in**
9:15am to 9:45am

Trauma Survivors
10am to 11am

Women's Group
2pm to 3pm

Tea Time
3pm to 4pm



Check-out
4:15pm to 4:45pm

Veterans Group
5:15pm to 6:15pm

5 **Check-in**
9:15am to 9:45am

Healthy Eating
10am 12:00pm



Van Shopping Trip*
12:30pm to 2:30pm

Fit & Active
1pm to 1:45pm

Addiction and Recovery
3pm to 4pm

Check-out
4:15pm to 4:45pm

Bipolar/Depression
5pm to 6:30pm

6 **Check-in**
9:15am to 9:45am

Life Skills
10am to 11am

Munchies and Movies
11am - 1pm



Journaling Group
2pm to 3pm

Isolation Support
3pm to 4pm

Check-out
4:15pm to 4:45pm

Autism Group
6:30pm to 8pm

7 **Check-in**
9:15am to 9:45am

Anxiety and Depression
10am to 11am

Community Lunch
11am to 1pm

Building Boundaries
11:30am - 12:30pm

Trip to the YMCA
1:30pm to 3:30pm

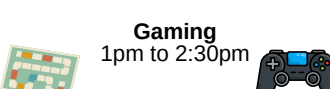
Check-out
4:15pm to 4:45pm

Domestic Violence Survivors
5:15pm to 6:15pm

10 **Check-in**
9:15am to 9:45am

Fit & Active
11am to 11:45am

IPS Skills
12pm to 1pm



Gaming
1pm to 2:30pm

Feelings of Anger
3pm to 4pm

Check-out
4:15pm to 4:45pm

Divorce Support Group
5:30pm to 6:30pm

11 **Check-in**
9:15am to 9:45am

Trauma Survivors
10am to 11am

SEE Science Museum
10 am-5pm



Check-out
4:15pm to 4:45pm

Veterans Group
5:15pm to 6:15pm

12 **Check-in**
9:15am to 9:45am

Healthy Eating
10am 12:00pm



Van Shopping Trip*
12:30pm to 2:30pm

Fit & Active
1pm to 1:45pm

Addiction and Recovery
3pm to 4pm

Check-out
4:15pm to 4:45pm

Bipolar/Depression
5pm to 6:30pm

13 **Check-in**
9:15am to 9:45am

Life Skills
10am to 11am

Munchies and Movies
11am to 1pm



Journaling Group
2pm to 3pm

Isolation Support
3pm to 4pm

Check-out
4:15pm to 4:45pm

Autism Group
6:30pm to 8pm

14 **Check-in**
9:15am to 9:45am

Anxiety and Depression
10am to 11am

Community Lunch
11am to 1pm

Building Boundaries
11:30am - 12:30pm

Jammin in the Gym
2pm to 2:45pm

Check-out
4:15pm to 4:45pm

Domestic Violence Survivors
5:15pm to 6:15pm

17 **Check-in**
9:15am to 9:45am

St Patrick's Day Celebration
11am-1pm



Gaming
1pm to 2:30pm

Feelings of Anger
3pm to 4pm

Check-out
4:15pm to 4:45pm

Divorce Support Group
5:30pm to 6:30pm

18 **Check-in**
9:15am to 9:45am

Trauma Survivors
10am to 11am

Lunch & Learn
Community Meeting
Monadnock Interfaith
Project Speaker
12pm-1pm

Women's Group
2pm to 3pm

Tea Time
3pm to 4pm



Check-out
4:15pm to 4:45pm

Veterans Group
5:15pm to 6:15pm

19 **Check-in**
9:15am to 9:45am

Healthy Eating
10am 12:00pm



Fit & Active
1pm to 1:45pm

Addiction and Recovery
3pm to 4pm

Check-out
4:15pm to 4:45pm

Bipolar/Depression
5pm to 6:30pm

20 **Check-in**
9:15am to 9:45am

Life Skills
10am to 11am

Munchies and Movies
11am to 1pm



Journaling Group
2pm to 3pm

Isolation Support
3pm to 4pm

Check-out
4:15pm to 4:45pm

Autism Group
6:30pm to 8pm

21 **Check-in**
9:15am to 9:45am

Anxiety and Depression
10am to 11am

Community Lunch
11am to 1pm

Building Boundaries
11:30am - 12:30pm

Trip to the YMCA
1:30pm to 3:30pm

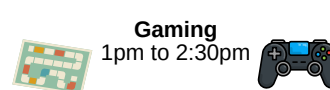
Check-out
4:15pm to 4:45pm

Domestic Violence Survivors
5:15pm to 6:15pm

24 **Check-in**
9:15am to 9:45am

Fit & Active
11am to 11:45am

IPS Skills
12pm to 1pm



Gaming
1pm to 2:30pm

Feelings of Anger
3pm to 4pm

Check-out
4:15pm to 4:45pm

Divorce Support Group
5:30pm to 6:30pm

25 **Check-in**
9:15am to 9:45am

Trauma Survivors
10am to 11am

Women's Group
2pm to 3pm

Tea Time
3pm to 4pm



Check-out
4:15pm to 4:45pm

Veterans Group
5:15pm to 6:15pm

26 **Check-in**
9:15am to 9:45am

Healthy Eating
10am 12:00pm



Fit & Active
1pm to 1:45pm

Addiction and Recovery
3pm to 4pm

Check-out
4:15pm to 4:45pm

Bipolar/Depression
5pm to 6:30pm

27 **Check-in**
9:15am to 9:45am

Life Skills
10am to 11am

Munchies and Movies
11am - 1pm



Journaling Group
2pm to 3pm

Isolation Support
3pm to 4pm

Check-out
4:15pm to 4:45pm

Monthly Board Meeting
5:30pm to 7pm

Autism Group
6:30pm to 8pm

28 **Check-in**
9:15am to 9:45am

Anxiety and Depression
10am to 11am

Community Lunch
11am to 1pm

Jammin in the Gym
2pm to 2:45pm

Building Boundaries
11:30am - 12:30pm

Check-out
4:15pm to 4:45pm

Domestic Violence Survivors
5:15pm to 6:15pm

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 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 honestly 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.

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"

Divorce Support Group

A support gathering for individuals experiencing divorce or those who have already divorced, where they can come together to share their journey's, emotions, and challenges related to the separation process in a safe environment. This space allows participants to receive validation and encouragement from others who truly understand their experiences. Individuals can discuss their feelings and concerns about child custody, financial matters, and the emotional toll of divorce without fear of judgment

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.

Fiber Arts

In this group, we actively work on various kinds of fiber arts, such as knitting, crocheting, weaving, and beyond. Join us for a fun hour of conversation and crafts.

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.

Journaling Group

Come Journal with us! we pick different topics each week.

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!

Survivors of Sexual Assault

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

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.