

# Community Wellness Drop-In Services Available Now

Join here: via Zoom <https://allhealthnetwork.zoom.us/j/94551286308>

**Meeting ID:** 945 5128 6308 **Password:** dropin

Call the Scheduling Line at 303-730-8858 for assistance with joining these Drop In Services.

Groups will be offered face to face via Zoom. If you need assistance with technology to participate in this service please speak to your clinician.

We look forward to seeing you soon!

## MONDAY

### Mindfulness

10:30-12:00

### Healing From Loss

12:00- 1:00

### Calm in the Storm

1:00-2:00

### Anger with a Purpose

2:00-3:00

### DBT Foundations

5:30-7:00

## TUESDAY

### Depression Support

10:00-11:00

### Housing Navigation

1:00-2:00

### Good Vibes- A Positivity Group

1:00-2:00

### DBT Methods

6:30-7:00

\*Previous DBT experience recommended

## WEDNESDAY

### Getting Positive

10:00-11:00

### EPIC

10:00-11:30

### Teaching Kitchen

12:00-2:00

### The Write to Heal

1:00-2:00

## THURSDAY

### Skills for Recovery

1:00-2:00

### Happiness Group

2:00-3:00

### Seeking Safety

3:00-4:00

### Creative Expression

5:00-6:00



**AllHealth**  
NETWORK