

# APRIL

## Telehealth Drop-In Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Anxiety &amp; Mindfulness</b> 10:00 - 11:00</p> <p><b>Equilibrium Essentials: DBT Emotion Regulation</b> 4:00 - 5:00</p>	<p><b>Social Skills Group: The 3 C's</b> 3:00 - 4:00 In person @ Wellness and via telehealth.</p> <p><b>Battling the Brain</b> 3:30 - 4:30 (Paused after 4/24)</p> <p><b>Relationship Exploration &amp; Skills Group</b> 4:00 - 5:00</p>	<p><b>Mindful Paths: Acceptance &amp; Commitment Therapy Group</b> 11:00 - 12:00 (Starts 4/11)</p>	<p><b>DBT Foundations Skills Group</b> 11:00 - 12:00 (Ends 4/19)</p>

- For group descriptions go to [allhealthnetwork.org/drop-in-services/](https://allhealthnetwork.org/drop-in-services/)
- 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 help.
- If you need help with technology speak to your clinician.

# APRIL

## In-Person Drop-In Calendar

Sycamore: 5500 S Sycamore St Littleton, CO 80120

Center Point: 2200 W Berry Ave Littleton, CO 80120

Wellness: 5554 S Prince St Littleton, CO 80120



AllHealth  
NETWORK

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Grocery Shopping</b> 9:00 - 10:30 @ Center Point		<b>Morning Meditation</b> 9:30 - 10:00 @ Center Point		
<b>Tea &amp; Travel</b> 10:00 - 11:00 @ Center Point	<b>Spiritual Engagement</b> 10:00 - 11:00 @ Wellness Center	<b>You + Me = We</b> 9:30 - 11:00 @ Parker-Dransfeldt		
	<b>Gratitude Group</b> 10:00 - 11:00 @ Center Point	<b>Wellness Group</b> 10:00 - 11:00 @ Center Point	<b>Strategies for Recovery</b> 10:00 - 11:00 @ Center Point	
	<b>Teaching Kitchen</b> 10:30 - 1:00 @ Center Point	<b>Teaching Kitchen</b> 10:30 - 1:00 @ Center Point	<b>Teaching Kitchen</b> 10:30 - 1:00 @ Center Point	
<b>Teaching Kitchen</b> 10:30 - 1:00 @ Center Point	<b>Arts &amp; Crafts</b> 11:00 - 12:00 @ Center Point	<b>Music Group</b> 11:00 - 12:00 @ Center Point	<b>Physical Fitness</b> 11:00 - 12:00 @ Center Point	
<b>Creative Outlets Group</b> 11:00 - 12:00 @ Wellness	<b>Games Group</b> 12:00 - 1:00 @ Center Point			
<b>Movie Group</b> 12:30 - 2:00 @ Center Point	<b>Prime Timers (Age 55+)</b> 1:00 - 2:00 @ Wellness	<b>Train Your Brain</b> 1:00 - 2:00 @ Center Point	<b>Young Adult Group (YAG)</b> 1:00 - 2:00 @ Center Point	
	<b>Meal Planning</b> 1:00 - 2:30 @ Center Point	<b>Attachment Healing: Surviving to Thriving</b> 1:00 - 3:00 @ Sycamore <b>(Referral only)</b>		
		<b>Social Skills Basics: The 3 C's</b> 3:00 - 4:00 In person @ Wellness and via telehealth.	<b>DBT: Interpersonal Effectiveness</b> 3:00 - 4:00 @ Wellness	
				<b>Littleton Museum</b> 9:00 - 12:30 April 26, 2024 @ Center Point