

# JUNE

## Telehealth Drop-In Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Anxiety &amp; Mindfulness</b> 10:00 - 11:00	<b>Relationship Exploration &amp; Skills Group</b> 4:00 - 5:00	<b>Becoming the Author of Your Healing</b> 1:30 - 3:00	<b>Fireside Chat Group</b> 10:00 - 11:00

- 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.

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## 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



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Grocery Shopping</b> 9:00 - 10:00 @ Center Point</p> <p><b>Teaching Kitchen</b> 11:00 - 12:00 @ Center Point</p> <p><b>Mindfulness Yoga</b> 11:00 - 12:00 @ Center Point</p> <p><b>RoadMaps</b> 11:00 - 12:00 @ Briarwood</p> <p><b>Karaoke Group</b> 1:00 - 2:00 @ Center Point</p>	<p><b>Gratitude Group</b> 10:00 - 11:00 @ Center Point</p> <p><b>Art Group</b> 11:00 - 12:00 @ Center Point</p> <p><b>You + Me = We</b> 11:00 - 12:00 @ Briarwood</p> <p><b>Gardening Group</b> 12:30 - 1:30 @ Center Point</p>	<p><b>Wellness Group</b> 10:00 - 11:00 @ Center Point</p> <p><b>Music Hour</b> 11:00 - 12:00 @ Center Point</p> <p><b>Attachment Healing: Surviving to Thriving</b> 1:00 - 3:00 @ Sycamore (Referral only)</p>	<p><b>Strategies for Recovery</b> 10:00 - 11:00 @ Center Point</p> <p><b>Walking Group</b> 10:30 - 11:30 @ Center Point</p> <p><b>RoadMaps</b> 11:00 - 12:00 @ Parker-Dransfeldt</p> <p><b>DBT Across the Modules</b> 3:00 - 4:00 @ Wellness</p>	<p><b>You + Me = We</b> 11:00 - 12:00 @ Parker-Dransfeldt</p> <p><b>Aspen Grove</b> 9:30 - 12:00 June 6, 2025 @ Center Point</p> <p><b>Wings Over the Rockies</b> 9:30 - 12:00 June 12, 2025 @ Center Point</p> <p><b>Rocky Mountain Wildlife Refuge</b> 9:30 - 12:00 June 27, 2025 @ Center Point</p>