

OCTOBER

Telehealth Drop-In Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Anxiety & Mindfulness 10:00 - 11:00	Well Body Group 12:00 - 1:00 Relationship Exploration & Skills Group 4:00 - 5:00	Life Skills 101 12:00 - 1:00 Becoming the Author of Your Healing 1:30 - 3:00	Fireside Chat Group 10:00 - 11:00

- For group descriptions go to 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.



@allhealthnetwork

OCTOBER

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
Grocery Shopping 9:00 - 10:00 @ Center Point Teaching Kitchen 11:00 - 12:00 @ Center Point Mindfulness Yoga 11:00 - 12:00 @ Center Point RoadMaps 11:00 - 12:00 @ Briarwood Karaoke Group 1:00 - 2:00 @ Center Point	Gratitude Group 10:00 - 11:00 @ Center Point Teaching Kitchen 11:00 - 12:00 @ Center Point Art Group 11:00 - 12:00 @ Center Point You + Me = We 11:00 - 12:00 @ Briarwood Gardening Group 12:30 - 1:30 @ Center Point Introduction to DBT 3:30 - 4:30 @ Wellness Center	Wellness Group 10:00 - 11:00 @ Center Point Teaching Kitchen 11:00 - 12:00 @ Center Point Music Hour 11:00 - 12:00 @ Center Point Attachment Healing: Surviving to Thriving 1:00 - 3:00 @ Sycamore (Referral only)	Recovery, Community, and Curiosity 9:15 - 10:00 @ Center Point Strategies for Recovery 10:00 - 11:00 @ Center Point Teaching Kitchen 11:00 - 12:00 @ Center Point Walking Group 11:00 - 12:00 @ Center Point RoadMaps 11:00 - 12:00 @ Parker-Dransfeldt Healthy Hearts 11:00 - 12:00 @ Wellness Center DBT Across the Modules 3:00 - 4:00 @ Wellness Center	You + Me = We 11:00 - 12:00 @ Parker-Dransfeldt Buffalo Bill Museum 9:30 - 12:00 October 3, 2025 @ Center Point Zoo 9:30 - 12:00 October 10, 2025 @ Center Point Celestial Tea Factory 9:30 - 12:00 October 24, 2025 @ Center Point