

DECEMBER

Telehealth Drop-In Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Anxiety & Mindfulness 10:00 - 11:00</p>	<p>Well Body Group 12:00 - 1:00</p>	<p>Life Skills 101 12:00 - 1:00</p> <p>Becoming the Author of Your Healing 1:30 - 3:00</p>	

- 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.

DECEMBER

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>Grocery Shopping 9:00 - 10:00 @ Center Point</p> <p>Teaching Kitchen 11:00 - 12:00 @ Center Point</p> <p>Mindfulness Yoga 11:00 - 12:00 @ Center Point</p> <p>RoadMaps 11:00 - 12:00 @ Briarwood</p> <p>Karaoke Group 1:00 - 2:00 @ Center Point</p>	<p>Gratitude Group 10:00 - 11:00 @ Center Point</p> <p>Teaching Kitchen 11:00 - 12:00 @ Center Point</p> <p>Art Group 11:00 - 12:00 @ Center Point</p> <p>You + Me = We 11:00 - 12:00 @ Briarwood</p> <p>Gardening Group 12:30 - 1:30 @ Center Point</p> <p>Introduction to DBT 3:30 - 4:30 @ Wellness Center</p>	<p>Wellness Group 10:00 - 11:00 @ Center Point</p> <p>Teaching Kitchen 11:00 - 12:00 @ Center Point</p> <p>Music Hour 11:00 - 12:00 @ Center Point</p> <p>Attachment Healing: Surviving to Thriving 1:00 - 3:00 @ Sycamore (Referral only)</p>	<p>Recovery, Community, and Curiosity 9:15 - 10:00 @ Center Point</p> <p>Strategies for Recovery 10:00 - 11:00 @ Center Point</p> <p>Teaching Kitchen 11:00 - 12:00 @ Center Point</p> <p>Walking Group 11:00 - 12:00 @ Center Point</p> <p>RoadMaps 11:00 - 12:00 @ Parker-Dransfeldt</p> <p>Healthy Hearts 11:00 - 12:00 @ Wellness Center</p> <p>DBT Across the Modules 3:00 - 4:00 @ Wellness Center</p>	<p>You + Me = We 11:00 - 12:00 @ Parker-Dransfeldt</p> <p>CP MONTHLY OUTINGS:</p> <p>Hammond's Candy Factory 9:30am - 12:00pm December 5, 2025 @ Center Point</p> <p>Christkindl Market 11:00am - 2:00pm December 12, 2025 @ Center Point</p> <p>CP Monthly Outings:</p> <p><i>*Clients need to sign up to go on the outing prior to the day of via the calendar in the CP milieu</i></p> <p><i>*Clients and two staff members will leave the CP parking lot at 9:30am via company vehicle. AHN pays for all admission fees. A sack lunch is optional.</i></p>