

# May

## Telehealth Drop-In Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Anxiety &amp; Mindfulness</b> 10:00 - 11:00</p>	<p><b>Food for Thought</b> 9:00 - 10:00</p> <p><b>Train Your Brain</b> 3:00 - 4:00</p>	<p><b>Becoming the Author of Your Healing</b> 1:30 - 3:00</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.

# May

## 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 <i>*Clients need to sign up by 10:30am the day of via the CP front desk, or by phone 720-696-7642</i></p> <p><b>Chair Yoga</b> 11:00 - 12:00 @ Center Point</p> <p><b>Bingo Group</b> 1:00 - 2:00 @ Center Point</p> <p><b>Tech Talk</b> 1:00 - 2:00 @ Center Point</p>	<p><b>Gratitude Group</b> 10:00 - 11:00 @ Center Point</p> <p><b>Teaching Kitchen</b> 11:00 - 12:00 @ Center Point <i>*Clients need to sign up by 10:30am the day of via the CP front desk, or by phone 720-696-7642</i></p> <p><b>Art Group</b> 11:00 - 12:00 @ Center Point</p> <p><b>Gardening Group</b> 12:30 - 1:30 @ Center Point</p> <p><b>Introduction to DBT</b> 3:30 - 4:30 @ Wellness Center</p>	<p><b>Wellness Group</b> 10:00 - 11:00 @ Center Point</p> <p><b>Teaching Kitchen</b> 11:00 - 12:00 @ Center Point <i>*Clients need to sign up by 10:30am the day of via the CP front desk, or by phone 720-696-7642</i></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>Recovery, Community, and Curiosity</b> 9:15 - 10:00 @ Center Point</p> <p><b>Strategies for Recovery</b> 10:00 - 11:00 @ Center Point</p> <p><b>Teaching Kitchen</b> 11:00 - 12:00 @ Center Point <i>*Clients need to sign up by 10:30am the day of via the CP front desk, or by phone 720-696-7642</i></p> <p><b>Walking Group</b> 11:00 - 12:00 @ Center Point</p> <p><b>DBT Across the Modules</b> 3:00 - 4:00 @ Wellness Center</p>	<p><b>CP MONTHLY OUTINGS:</b></p> <p><b>Celestial Tea</b> 9:30am May 1, 2026 @ Center Point</p> <p><b>Hudson Gardens</b> 9:30am May 8, 2026 @ Center Point</p> <p><b>Zoo</b> 9:30am May 22, 2026 @ Center Point</p> <p><b>Hiking Group</b> 10:00am <b>3<sup>rd</sup> Friday of every month</b> Meet in CP parking lot</p> <p><b>CP Monthly Outings:</b></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>