

July

Telehealth Drop-In Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Anxiety & Mindfulness 10:00 - 11:00	Train Your Brain 3:00 - 4:00	Becoming the Author of Your Healing 1:30 - 3:00 Gone Job Fishing 3:00 - 4:00	

- 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

July

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			Recovery, Community, and Curiosity 9:15 - 10:00 @ Center Point	CP MONTHLY OUTINGS:
	Gratitude Group 10:00 - 11:00 @ Center Point	Wellness Group 10:00 - 11:00 @ Center Point	Strategies for Recovery 10:00 - 11:00 @ Center Point	July 3 - No Outing Independence Day
Teaching Kitchen 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>	Teaching Kitchen 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>	Teaching Kitchen 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>	Teaching Kitchen 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>	Mines Museum 9:30am July 10, 2026 @ Center Point
Chair Yoga 11:00 - 12:00 @ Center Point	Art Group 11:00 - 12:00 @ Center Point	Music Hour 11:00 - 12:00 @ Center Point	Walking Group 11:00 - 12:00 @ Center Point	Thrifting 9:30am July 24, 2026 @ Center Point
	Gardening Group 12:30 - 1:30 @ Center Point			Hiking Group 9:30am 3rd Friday of every month Meet in CP parking lot
Bingo Group 1:00 - 2:00 @ Center Point		Attachment Healing: Surviving to Thriving 1:00 - 3:00 @ Sycamore (Referral only)	DBT Across the Modules 3:00 - 4:00 @ Wellness Center	CP Monthly Outings:
Tech Talk 1:00 - 2:00 @ Center Point	Introduction to DBT 3:30 - 4:30 @ Wellness Center			<i>*Clients need to sign up to go on the outing prior to the day of via the calendar in the CP milieu</i>
				<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>