

October

Telehealth Drop-In Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Anxiety & Mindfulness 10:00 - 11:00	ACT Skills for Life 1:00 - 2:00 Train Your Brain 3:00 - 4:00	Becoming the Author of Your Healing 1:30 - 2:30 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

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 <i>*Clients need to sign up by 10:30am the day of via the CP front desk, or by phone 720-696-7642</i> Chair Yoga 11:00 - 12:00 @ Center Point Bingo Group 1:00 - 2:00 @ Center Point Tech Talk 1:00 - 2:00 @ Center Point	Gratitude Group 10:00 - 11:00 @ Center Point 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> Art Group 11:00 - 12:00 @ 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 <i>*Clients need to sign up by 10:30am the day of via the CP front desk, or by phone 720-696-7642</i> Attachment Healing: Surviving to Thriving 1:00 - 3:00 @ Sycamore (Referral only)	Strategies for Recovery 10:00 - 11:00 @ Center Point 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> Walking Group 11:00 - 12:00 @ Center Point DBT Across the Modules 3:00 - 4:00 @ Wellness Center	CP MONTHLY OUTINGS: Botanic Gardens 9:30am October 2, 2026 @ Center Point Zoo 9:30am October 9, 2026 @ Center Point Hudson Gardens 9:30am October 23, 2026 @ Center Point Hiking Group 9:30am 3rd Friday of every month Meet in CP parking lot CP Monthly Outings: <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>