November

Telehealth Drop-In Calendar

allhealth network

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.

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November

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

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Monday	Tuesday	Wednesday	Thursday	Friday
Grocery Shopping 9:00 - 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	**Rocky Mountain Wildlife Refuge** 9:30am November 6, 2026 @ Center Point
Teaching Kitchen 11:00 - 12:00 @ Center Point **Clients need to sign up by 10:30am the day of via the CP front desk, or by phone 720-696-7642*	**Teaching Kitchen** 11:00 - 12:00 @ Center Point **Clients need to sign up by 10:30am the day of via the CP front desk, or by phone 720-696-7642*	**Teaching Kitchen** 11:00 - 12:00 @ Center Point **Clients need to sign up by 10:30am the day of via the CP front desk, or by phone 720-696-7642*	**Teaching Kitchen** 11:00 - 12:00 @ Center Point **Clients need to sign up by 10:30am the day of via the CP front desk, or by phone 720-696-7642*	**Saint Nick's** 9:30am November 13, 2026 @ Center Point
Chair Yoga 11:00 - 12:00 @ Center Point	**Art Group** 11:00 - 12:00 @ Center Point		**Walking Group** 11:00 - 12:00 @ Center Point	**No Outing - Thanksgiving Break** November 27, 2026
		Attachment Healing: Surviving to Thriving 1:00 - 3:00 @ Sycamore **(Referral only)**		**Hiking Group** 9:30am on the 3rd Friday of every month *Meet in CP parking lot
Tech Talk 1:00 - 2:00 @ Center Point	**Introduction to DBT** 3:30 - 4:30 @ Wellness Center		**DBT Across the Modules** 3:00 - 4:00 @ Wellness Center	**CP Monthly Outings:** **Clients need to sign up to go on the outing prior to the day of via the calendar in the CP milieu* **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.*