

Telehealth Drop-In Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Anxiety & Mindfulness 10:00 - 11:00 Spiritual Engagement 10:00 - 11:00 @ Wellness			
	I Just Need to do a Little Bit More 3:30 - 4:30 (Starts 7/2)	Relationship Exploration & Skills Group 4:00 - 5:00		

- 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.





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 - 10:30 @ Center Point		Morning Meditation 9:30 - 10:00 @ Center Point		
Tea & Travel 10:00 - 11:00 @ Center Point		You + Me = We 9:30 - 11:00 @ Parker-Dransfeldt		Friday July 5th NO OUTING
Teaching Kitchen 10:30 - 1:00 @ Center Point	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	
	Teaching Kitchen 10:30 - 1:00 @ Center Point	Teaching Kitchen 10:30 - 1:00 @ Center Point	Teaching Kitchen 10:30 - 1:00 @ Center Point	
Creative Outlets Group 11:00 - 12:00 (a) Wellness Movie Group 12:30 - 2:00 (a) Center Point	Arts & Crafts 11:00 - 12:00 @ Center Point	Music Group 11:00 - 12:00 @ Center Point	Physical Fitness 11:00 - 12:00 @ Center Point	Chatfield Botanical Gardens 9:30 - 1:00 July 12, 2024 @ Center Point
		Train Your Brain 1:00 - 2:00 @ Center Point	Games Hour 1:00 - 2:00 @ Center Point	
	Meal Planning 1:00 - 2:30 @ Center Point	Attachment Healing: Surviving to Thriving 1:00 - 3:00 @ Sycamore (Referral only)	DBT Across the Modules 3:00 - 4:00 @ Wellness	Thrift Shopping 9:30 - 1:00 July 26, 2024 @ Center Point
			All AllHealth Network locations (except for the Walk in Center) will be closed on July 4th	Center Point closed July 5th