

SEPTEMBER

Telehealth Drop-In Calendar



AllHealth
NETWORK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Executive Dysfunction ➔ Function 12:00 - 1:00	Anxiety & Mindfulness 10:00 - 11:00 I Just Need to do a Little Bit More 3:30 - 4:30	Relationship Exploration & Skills Group 4:00 - 5:00	DBT Mindfulness 11:00 - 12:00 (Starts 9/16)	

- 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

SEPTEMBER

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>Grocery Shopping 9:00 - 10:30 @ Center Point</p> <p>Tea & Travel 10:00 - 11:00 @ Center Point</p> <p>Teaching Kitchen 10:30 - 1:00 @ Center Point</p> <p>Yoga Hour 11:00 - 12:00 @ Center Point</p> <p>RoadMaps 11:00 - 12:00 @ Briarwood</p> <p>Movie Group 12:30 - 2:00 @ Center Point</p>	<p>Gratitude Group 10:00 - 11:00 @ Center Point</p> <p>Teaching Kitchen 10:30 - 1:00 @ Center Point</p> <p>Arts & Crafts Hour 11:00 - 12:00 @ Center Point</p> <p>You + Me = We 11:00 - 12:00 @ Briarwood</p> <p>Meal Planning 1:00 - 2:00 @ Center Point</p>	<p>Wellness Group 10:00 - 11:00 @ Center Point</p> <p>Teaching Kitchen 10:30 - 1:00 @ Center Point</p> <p>Music Hour 11:00 - 12:00 @ Center Point</p> <p>Train Your Brain 1:00 - 2:00 @ Center Point</p> <p>Attachment Healing: Surviving to Thriving 1:00 - 3:00 @ Sycamore (Referral only)</p>	<p>Strategies for Recovery 10:00 - 11:00 @ Center Point</p> <p>Teaching Kitchen 10:30 - 1:00 @ Center Point</p> <p>Physical Fitness 11:00 - 12:00 @ Center Point</p> <p>RoadMaps 11:00 - 12:00 @ Parker-Dransfeldt</p> <p>Games Hour 1:00 - 2:00 @ Center Point</p> <p>DBT Across the Modules 3:00 - 4:00 @ Wellness</p>	<p>You + Me = We 11:00 - 12:00 @ Parker-Dransfeldt</p> <p>Denver Zoo 9:30 - 1:00 September 6, 2024 @ Center Point</p> <p>Littleton Museum 9:30 - 12:30 September 13, 2024 @ Center Point</p> <p>Fall Colors Drive/Walk 9:30 - 1:00 September 27, 2024 @ Center Point</p>
<p>AHN will be closed for Labor Day (9/2) and will return for regular hours on Tuesday, 9/3</p>				