

# FEBRUARY

## Telehealth Drop-In Calendar



AllHealth  
NETWORK

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY | FRIDAY |
|---|---|---|----------|--------|
| <b>Executive Dysfunction →<br/>Function</b><br>12:00 - 1:00 | <b>Anxiety &amp; Mindfulness</b><br>10:00 - 11:00 | <b>Relationship<br/>Exploration &amp;<br/>Skills Group</b><br>4:00 - 5:00 |          |        |

- For group descriptions go to [allhealthnetwork.org/drop-in-services/](https://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

# FEBRUARY

## 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><b>Grocery Shopping</b><br/>9:00 - 10:30<br/>@ Center Point</p> <p><b>Life Skills</b><br/>10:00 - 11:00<br/>@ Center Point</p> <p><b>Teaching Kitchen</b><br/>10:30 - 1:00<br/>@ Center Point</p> <p><b>Yoga Hour</b><br/>11:00 - 12:00<br/>@ Center Point</p> <p><b>RoadMaps</b><br/>11:00 - 12:00<br/>@ Briarwood</p> <p><b>Movie Group</b><br/>12:30 - 2:00<br/>@ Center Point</p> | <p><b>Gratitude Group</b><br/>10:00 - 11:00<br/>@ Center Point</p> <p><b>Teaching Kitchen</b><br/>10:30 - 1:00<br/>@ Center Point</p> <p><b>Arts &amp; Crafts Hour</b><br/>11:00 - 12:00<br/>@ Center Point</p> <p><b>You + Me = We</b><br/>11:00 - 12:00<br/>@ Briarwood</p> <p><b>Meal Planning</b><br/>1:00 - 2:30<br/>@ Center Point</p> | <p><b>Wellness Group</b><br/>10:00 - 11:00<br/>@ Center Point</p> <p><b>Teaching Kitchen</b><br/>10:30 - 1:00<br/>@ Center Point</p> <p><b>Music Hour</b><br/>11:00 - 12:00<br/>@ Center Point</p> <p><b>Train Your Brain</b><br/>1:00 - 2:00<br/>@ Center Point</p> <p><b>Attachment Healing:<br/>Surviving to Thriving</b><br/>1:00 - 3:00<br/>@ Sycamore<br/><b>(Referral only)</b></p> | <p><b>Strategies for Recovery</b><br/>10:00 - 11:00<br/>@ Center Point</p> <p><b>Teaching Kitchen</b><br/>10:30 - 1:00<br/>@ Center Point</p> <p><b>Physical Fitness</b><br/>11:00 - 12:00<br/>@ Center Point</p> <p><b>RoadMaps</b><br/>11:00 - 12:00<br/>@ Parker-Dransfeldt</p> <p><b>Games Hour</b><br/>1:00 - 2:00<br/>@ Center Point</p> <p><b>DBT Across the Modules</b><br/>3:00 - 4:00<br/>@ Wellness</p> | <p><b>You + Me = We</b><br/>11:00 - 12:00<br/>@ Parker-Dransfeldt</p> <p><b>Molly Brown House</b><br/>9:30 - 12:30<br/>February 7, 2025<br/>@ Center Point</p> <p><b>Clyfford Still Museum</b><br/>9:45 - 12:30<br/>February 14, 2025<br/>@ Center Point</p> <p><b>Wings Over the Rockies</b><br/>9:30 - 12:30<br/>February 28, 2025<br/>@ Center Point</p> |