



AUGUST 2017

Dance in the Rain Peer to Peer Mental Health Center

Meetings are held at 145 Barnstable Rd Hyannis unless otherwise noted
 Office Hours: Monday – Thursday 10:00AM – 3:00PM unless otherwise noted
 Please drop in anytime during our office hours for a chat and check us out



Monday	Tuesday	Wednesday	Thursday
<p>31</p> <p>10AM – 3PM Drop In Freudian Sips Check-In 10:00AM-11:00AM Transitioning into the Community 11:00AM 12:00PM Common Ground Hang Out 12:00PM-2:00PM Relaxation Strategies 2:00PM-3:00PM</p>	<p>1</p> <p>10AM – 3PM Drop In Freudian Sips Check-In 10:00AM-11:00AM Common Ground Hang Out 11:00AM-12:00PM Expressive Arts 12:00PM – 1:30PM Name that Tune 2:00pm-3:00pm</p>	<p>2</p> <p>10AM – 3PM Drop In Freudian Sips Check-In 10:00AM-11:00AM Peer/Family Coffee Hour 11:00am-12:00pm Old Time Board Games with Conversation 12:30PM-1:30PM Preventing Isolation 2:00PM-3:00PM</p>	<p>3</p> <p>10AM – 3PM Drop In Freudian Sips Check-In 10:00AM-11:00AM Women's Group 11:00AM-12:00PM Tapestry Journaling Workshop 12:30PM – 1:30PM LGBT Group 2:00PM-3:00Pm</p>
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<p>14</p> <p>10AM – 3PM Drop In Freudian Sips Check-In 10:00AM-11:00AM Peer Coalition Meeting 11:00AM 12:00PM Common Ground Hang Out 12:00PM-2:00PM Relaxation Strategies 2:00PM-3:00PM</p>	<p>15</p> <p>10AM – 3PM Drop In Freudian Sips Check-In 10:00AM-11:00AM Common Ground Hang Out 11:00AM-12:00PM Expressive Arts 12:00PM – 1:30PM Name that Tune 2:00pm-3:00pm</p>	<p>16</p> <p>10AM – 3PM Drop In Freudian Sips Check-In 10:00AM-11:00AM Meditation/Thought Gathering 11:00am-12:00pm Old Time Board Games with Conversation 12:30PM-1:30PM Preventing Isolation 2:00PM-3:00PM</p>	<p>17</p> <p>10AM – 3PM Drop In Freudian Sips Check-In 10:00AM-11:00AM Women's Group 11:00AM-12:00PM Tapestry Journaling Workshop 12:30PM – 1:30PM LGBT Group 2:00PM-3:00Pm</p>
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