

# Up Your Alley

**JOIN US FOR FALL FEST 2020  
SEPTEMBER 24 @ 11 AM**

## **Sunday**

1-2 pm: Goals and Gratitude  
3:30 PM: AA  
3-5 pm: Outreach

## **Monday**

*Sep 14 & 28: 1-2 pm GROW*  
*Sep 21: 1-2 pm Movement Therapy*  
2-3 pm: Exercise  
2-5 pm: Peer Outreach  
*Sep 7 @ 3:30 PM: Community Meeting*

## **Tuesday**

1-2 pm: Staff Meeting  
330-430 pm: RL Group  
2-5 pm: Peer Outreach

## **Wednesday**

1-2 pm: Zoom Peer Group  
2-3 pm: Exercise (Use Zoom login)  
3-5 pm: Peer Outreach

## **Thursday**

1-2 pm: Outreach  
2-3 pm: Exercise  
*Sep 3 & 17: 330-430 pm Journaling*  
*Sep 10 & 24: 330-430 pm Wellness*  
5-6 pm: PROUD Surveys

To join a group, call (978)990 5000 and  
Access ID: 136802

**To join a Zoom group, call (646) 876 9923 and  
Meeting ID: 8571253344 & password: 834540**