

JULY

Delaware County NAMI Peer-Run Wellness Center

Mon-9AM-7PM
W/F- 10AM-3PM

601 Grant St. Manchester, IA
ellen@namidubuque.org
563-927-5116

| SUN. | MINDFUL MONDAY | TUES. | WELLNESS WEDNESDAY | THUR. | FUN FRIDAY | SAT. |
|------|---|-------|--|---|--|------|
| | 1 9:00 1:1 Peer Support- By Appt. 11:00 Open Activity/Support 1:00 Creative Activity: RED WHITE & Blue! 5:30 Connection Peer Support Group 6:30 Family Support Group | | 3 OPEN 12:00-4:00PM 12:00 Open Activity/Support 2:00 Creative Activity: RED WHITE & Blue!  |  | 5 10:00 1:1 Peer Support- By Appointment 11:00 Creative Activity/Support 1:00 WHAM Class #3 | |
| | 8 9:00 1:1 Peer Support- By Appt. 11:00 Open Activity/Support 1:00 Creative Activity 4:00 Peer Support 5:00-Family Support | | 12 11:00 Open Activity/Support 1:00 Creative Activity | | 14 10:00 1:1 Peer Support- By Appointment 11:00 Open Activity/Support 1:00 WHAM Peer Group | |
| | 15 9:00 1:1 Peer Support- By Appt. 11:00 Open Activity/Support 1:00 Creative Activity 4:00 Peer Support 5:00-Family Support | | 19 11:00 Open Activity/Support 1:00 Creative Activity | | 21 10:00 1:1 Peer Support- By Appointment 11:00 Open Activity/Support 1:00 WHAM Peer Group | |
| | 22&29 11:00 Open Activity/Support 1:00 Creative Activity 4:00- Peer Support 5:00- Family Support | | 24&31 11:00 Open Activity/Support 1:00 Creative Activity | | 28 11:00 Open Activity/Support 1:00 WHAM Review | |
| | | | REGISTER for Programs: https://www.namidubuque.org/general | | *1:1 Peer & Family Support Available by Appointment | |