Address:
64 West St., Danbury, CT
(Entrance on William St.)
203-794-0819





New Heights' Hours

Mondays & Tuesdays: 8:30 am - 4:30 pm

Wednesdays: 8:30 am - 3:00 pm

Thursdays: 8:30 am - 5 pm

Saturdays: 10 am - 3 pm

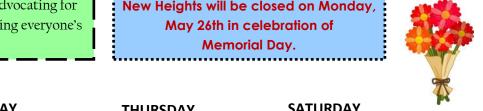
May is Mental Health Awareness Month!

Let's continue to fight stigma by advocating for each other, being kind, and respecting everyone's personal journey.

New Heights will be closed on Monday,
May 26th in celebration of
Memorial Day.

## New Group Alert!

Join us every Monday at 3:30 for Milkshake Mondays!



	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
			1	3
	(COMP)		10 Pictionary	10:30 Trip to Flobee's
			·	Roadside Stand
	- S. T. S.		11 Coping with Anxiety	
	<b>CS-83</b>		12:30 Pasta Lunch (\$3) (Sign-up by 11:30)	(Opens at 11 am)
	HAPPY		<ul><li>1 Better Days</li><li>2 Practicing Assertiveness</li></ul>	12:30 Artistic Healing
	SPRING		3 Me & My Mental Health	1:30 Today in History
			4 Chat & Snack	
5	6	7	8	10
10 Open Advisory Meeting	10 Positive Thinking 11 Interpersonal Skills	9:15 Muffins & Coffee 10 Left Center Right	10 Pictionary 11 Coping with Anxiety	10:30 Trip to Holiday Dine
11-12 Left Center Right	(Conversational Skills)	11:15 Food & Nutrition	12:30 Pasta Lunch (\$3)	12 BEV Coffee & Donut
12:15-1 Bingo	12 Community Meeting	12 Jewelry Making	(Sign-up by 11:30)	Writing Session
1 Nintendo Wii	12:30 Ellio's Pizza (\$3)	, -	1 Better Days	Witting Session
2 Trip to Ocean State Job	(Sign-up by 11:30)	1 Coping with Depression	2 Practicing Assertiveness	12:30 Artistic Healing
Lot	1 Tae Kwon Do	2-2:45 Nintendo Wii		12.50 Artistic fleating
			3 Me & My Mental Health	
3:30 Milkshake Mondays	2 Building Esteem	Close at 3	4 Chat & Snack	
	3 Karaoke			1:30 Today in History
12	13	14	15	17
	PRHO	17		17
10 Diversity Matters	10 Positive Thinking 11 Interpersonal Skills	9:15 Muffins & Coffee 10 Left Center Right	10 Pictionary  11 Back to Work with	10:30 Trip to Fairfield Hill
11-12 Left Center Right	·	11:15 Food & Nutrition	Ability Beyond	Loop
12:15-1 Bingo	(Interpersonal Skills) 12 Community Meeting		12:30 Pasta Lunch (\$3)	42.20 Autistis Haalins
1 Nintendo Wii	,	12 Jewelry Making		12:30 Artistic Healing
	12:30 Ellio's Pizza (\$3)	1 Coping with Depression	(Sign-up by 11:30)	
2 Trip to Dollar Tree/Five	Monthly Birthday Brownies	2-2:45 Nintendo Wii	2 Practicing Assertiveness	
Below	(Sign-up by 11:30)		3 Me & My Mental	1:30 Today in History
3:30 Milkshake Mondays	1 Tae Kwon Do	Close at 3	Health	
	<ul><li>2 Building Esteem</li><li>3 Karaoke</li></ul>		4 Chat & Snack	
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10 Center for Empower-	40 D	0.1 F M Et 0 Ca Et	10 Diations m.	40.00 Title Co
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<u>ATTENTION</u>: The calendar is subject to change.