





Stepping Stone—June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<ul style="list-style-type: none"> denotes date or time change <p>1 PM Educational Event: TBD</p>					1 Closed
2 Closed	3 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation	4 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	5 9 AM Journaling/Writing 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	6 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	7 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	8 Closed
9 Closed	10 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation 10-11 AM Newsletter Workgroup @ SS	11 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	12 9 AM Journaling/Writing 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	13 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	14 Open 12 -4 PM 12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals	15 Closed
16 Closed  Happy Father's Day!	17 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation	18 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg 10 AM NH Mental Health Peer Alliance in person/via zoom	19 OFFICE CLOSED 9 AM Journaling/Writing 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts 	20 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 	21 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals 	22 Closed
23 Closed	24 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation	25 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	26 9 AM Journaling/Writing 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	27 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	28 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals 12-2 PM Meyers Maple Lanes Bowling @ Claremont	29 Closed
30 Closed						