



Next Step—July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11 AM Walking Group 12-1 PM Puzzles & Games	2 11 AM Creative Writing 1 PM IPS 3 PM WHAM	3 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	4 OFFICE CLOSED 12 PM Check-in 2-4 PM Art Wellness 	5 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	6 11:30 AM Empathy 1 PM Community Healing
7 Closed	8 11 AM Walking Group 12-1 PM Puzzles & Games <i>1:30-2:30 PM Newsletter Workgroup @ NS</i>	9 11 AM Creative Writing 1 PM IPS 3 PM WHAM	10 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3:30 PM Board Mtg via zoom 	11 12 PM Check-in 2-4 PM Art Wellness	12 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	13 11:30 AM Empathy 1 PM Community Healing
14 Closed	15 11 AM Walking Group 12-1 PM Puzzles & Games	16 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>10 AM NH Mental Health Peer Alliance via zoom</i>	17 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	18 12 PM Check-in 2-4 PM Art Wellness	19 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	20 11:30 AM Empathy 1 PM Community Healing
21 Closed	22 11 AM Walking Group 12-1 PM Puzzles & Games	23 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>12-2 PM Boston Lot in Lebanon</i>	24 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation <i>1 PM Educational Event: Mobile Crisis Team w/ Angela Montano</i>	25 12 PM Check-in 2-4 PM Art Wellness	26 Open 12-7 PM 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	27 11:30 AM Empathy 1 PM Community Healing
28 Closed	29 11 AM Walking Group 12-1 PM Puzzles & Games	30 11 AM Creative Writing 1 PM IPS 3 PM WHAM	31 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation			* denotes date or time change