

Next Step—October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>* denotes date or time change</i></p> <p><i>Until further notice Community Trips and Community Potluck are cancelled</i></p> <p><i>What's in the Box? is postponed until we resume Willing Hands deliveries.</i></p>	<p>REMOTE GROUPS Monday through Friday</p> <p>9 AM Community and Personal Healing via zoom</p> <p>11 AM Check-in via zoom</p> <p>3 PM WRAP via zoom</p>	<p>PLEASE NOTE: <i>On 10/8, 9, 12, & 13, there will be no 9 AM group</i> <i>On 10/12, there will be no 3 PM group</i></p>	<p>1 12 PM Check-in</p> <p>2 PM Art Wellness</p> <p>3 PM Walking Group</p>	<p>2 12:30 PM Life Goals</p> <p>1:30 PM Basic Handiwork</p> <p>2:30 PM Inspirational True Life Experiences</p>	<p>3 12 PM YouTube Video Discussion</p> <p>1 PM Empathy</p> <p>2:30 PM Community Healing</p>
4 Closed	<p>5 11 AM Walking Group</p> <p>12:45 PM Stretching</p>	<p>6 12:30 PM WRAP</p> <p>2:30 PM IPS</p>	<p>7 12:30 PM Patterns, Behaviors & Relationships</p> <p>1 PM Community Meeting</p> <p>3 PM WHAM</p>	<p>8 12 PM Check-in</p> <p>2 PM Art Wellness</p>	<p>9 12:30 PM Life Goals</p> <p>1:30 PM Basic Handiwork</p> <p>2:30 PM Inspirational True Life Experiences</p>	<p>10 12 PM YouTube Video Discussion</p> <p>1 PM Empathy</p> <p>2:30 PM Community Healing</p>
11 Closed	<p>12 11 AM Walking Group</p> <p>12:45 PM Stretching</p> <p>The office is closed.</p>	<p>13 12:30 PM WRAP</p> <p>2:30 PM IPS</p>	<p>14 12:30 PM Patterns, Behaviors & Relationships</p> <p>1 PM Community Meeting</p> <p>3 PM WHAM</p>	<p>15 12 PM Check-in</p> <p>2 PM Art Wellness</p> <p>3 PM Walking Group</p>	<p>16 12:30 PM Life Goals</p> <p>1:30 PM Basic Handiwork</p> <p>2:30 PM Inspirational True Life Experiences</p>	<p>17 12 PM YouTube Video Discussion</p> <p>1 PM Empathy</p> <p>2:30 PM Community Healing</p>
18 Closed	<p>19 11 AM Walking Group</p> <p>12:45 PM Stretching</p> <p>10-11:30 AM Newsletter Workgroup @ SS</p>	<p>20 12:30 PM WRAP</p> <p>2:30 PM IPS</p> <p>10 AM Mental Health Peer Alliance via zoom (used to be Consumer Council)</p>	<p>21 12:30 PM Patterns, Behaviors & Relationships</p> <p>2 PM* Community Meeting</p> <p>3 PM WHAM</p> <p>1 PM Educational Event: Members Rights & Sexual Harassment</p>	<p>22 12 PM Check-in</p> <p>2 PM Art Wellness</p>	<p>23 12:30 PM Life Goals</p> <p>1:30 PM Basic Handiwork</p> <p>2:30 PM Inspirational True Life Experiences</p>	<p>24 12 PM YouTube Video Discussion</p> <p>1 PM Empathy</p> <p>2:30 PM Community Healing</p>
25 Closed	<p>26 11 AM Walking Group</p> <p>12:45 PM Stretching</p>	<p>27 12:30 PM WRAP</p> <p>2:30 PM IPS</p>	<p>28 12:30 PM Patterns, Behaviors & Relationships</p> <p>1 PM Community Meeting</p> <p>3 PM WHAM</p>	<p>29 12 PM Check-in</p> <p>2 PM Art Wellness</p> <p>3 PM Walking Group</p>	<p>30 12:30 PM Life Goals</p> <p>1:30 PM Basic Handiwork</p> <p>2:30 PM Inspirational True Life Experiences</p>	<p>31 12 PM YouTube Video Discussion</p> <p>1 PM Empathy</p> <p>2:30 PM Community Healing</p> 