





Next Step—November 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|---|--|---|
| <p>1 Closed</p>  <p>FALL</p> | <p>2 11 AM Walking Group 12:45 PM Stretching</p> <p>10-11 AM Newsletter Workgroup @ SS</p> | <p>3 12:30 PM WRAP 2:30 PM IPS</p>  | <p>4 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 3 PM WHAM</p> | <p>5 12 PM Check-in 2 PM Art Wellness</p> | <p>6 12:30 PM Life Goals 1:30 PM Basic Handiwork 2:30 PM Inspirational True Life Experiences</p> | <p>7 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p> |
| <p>8 Closed</p> | <p>9 11 AM Walking Group 12:45 PM Stretching</p> | <p>10 12:30 PM WRAP 2:30 PM IPS</p> | <p>11 The office is closed.</p> <p>12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 3 PM WHAM</p>  | <p>12 12 PM Check-in 2 PM Art Wellness</p> | <p>13 12:30 PM Life Goals 1:30 PM Basic Handiwork 2:30 PM Inspirational True Life Experiences</p> | <p>14 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p> |
| <p>15 Closed</p> | <p>16 11 AM Walking Group 12:45 PM Stretching</p> | <p>17 12:30 PM WRAP 2:30 PM IPS</p> <p>10 AM NH Mental Health Peer Alliance via zoom</p> | <p>18 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 3 PM WHAM</p> <p>2 PM Bureau of Mental Health Services Member interview 3:30 PM Board Mtg via zoom</p> | <p>19 12 PM Check-in 2 PM Art Wellness</p> | <p>20 12:30 PM Life Goals 1:30 PM Basic Handiwork 2:30 PM Inspirational True Life Experiences</p> | <p>21 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p> |
| <p>22 Closed</p> | <p>23 11 AM Walking Group 12:45 PM Stretching</p> | <p>24 12:30 PM WRAP 2:30 PM IPS</p> | <p>25 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 3 PM WHAM</p> | <p>26</p> <p>CLOSED</p>  | <p>27 The office is closed.</p> <p>12:30 PM Life Goals 1:30 PM Basic Handiwork 2:30 PM Inspirational True Life Experiences</p> | <p>28 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p> |
| <p>29 Closed</p> | <p>30 11 AM Walking Group 12:45 PM Stretching</p> | | <p>REMOTE GROUPS Monday through Friday</p> <p>9 AM Community and Personal Healing via zoom 11 AM Check-in via zoom 3 PM WRAP via zoom</p> | <p>PLEASE NOTE NO GROUPS:</p> <ul style="list-style-type: none"> 9 AM—11/6, 9, 11, 16-19, 26-27 11 AM—11/9, 11, 16-19, 26-27 3 PM—11/9, 11, 18, 26-27 | <p><i>Date-TBD</i> 1 PM Educational Event: Anger Management w/ Raymond Yanklowitz, MLADC</p> | <p>* denotes date or time change</p> <p>Community Trips and Community Potluck are postponed until further notice. What's in the Box? is postponed until we resume Willing Hands deliveries.</p> |