



Next Step—April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>REMOTE GROUPS Monday through Friday</p> <p>9 AM Nutrition via zoom 11 AM Check-in via zoom</p>	<p><i>PLEASE NOTE NO GROUPS:</i></p> <ul style="list-style-type: none"> • 9 AM—4/16, 30 	<p><i>* denotes date or time change</i></p> <p><i>Community Trips and Community Potluck are postponed until further notice.</i></p> <p><i>What's in the Box? is postponed until we resume Willing Hands deliveries.</i></p>	<p>1 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness</p> 	<p>2 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences</p>	<p>3 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
<p>4 Closed</p> 	<p>5 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games</p>	<p>6 12:30 PM WRAP 2:30 PM IPS</p>	<p>7 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM</p>	<p>8 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness</p>	<p>9 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences</p>	<p>10 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
<p>11 Closed</p>	<p>12 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games</p> <p>10-11 AM Newsletter Workgroup @ SS</p>	<p>13 12:30 PM WRAP 2:30 PM IPS</p>	<p>14 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM</p>	<p>15 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness</p>	<p>16 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences</p>	<p>17 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
<p>18 Closed</p>	<p>19 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games</p>	<p>20 12:30 PM WRAP 2:30 PM IPS</p> <p>10 AM NH Mental Health Peer Alliance via zoom</p>	<p>21 12:30 PM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM 1 PM Educational Event: Center for Recovery Resources with Gail Moeller</p>	<p>22 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness</p>	<p>23 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences</p>	<p>24 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
<p>25 Closed</p>	<p>26 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games</p>	<p>27 12:30 PM WRAP 2:30 PM IPS</p>	<p>28 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM</p>	<p>29 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness</p>	<p>30 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences</p>	