



Next Step—May 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>* denotes date or time change</i></p> <p>PLEASE NOTE NO GROUPS:</p> <ul style="list-style-type: none"> • 9 AM—5/7, 14, 17, 19, 31 • 11 AM—5/14, 17, 19, 31 <p><i>Community Trips and Community Potluck are postponed until further notice.</i> <i>What's in the Box? is postponed until we resume Willing Hands deliveries.</i></p>				<p>1 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
2 Closed	3 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	4 12:30 PM WRAP 2:30 PM IPS	5 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	6 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	7 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	8 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
9 Closed	10 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games <i>10-11 AM Newsletter Workgroup @ SS</i>	11 12:30 PM WRAP 2:30 PM IPS	12 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM <i>3:30 PM Board Mtg via zoom</i>	13 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	14 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	15 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
16 Closed	17 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	18 12:30 PM WRAP 2:30 PM IPS <i>10 AM NH Mental Health Peer Alliance via zoom</i>	19 12:30 PM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM <i>1 PM Educational Event: NAMI with Michelle Wagner and Karen Prive via Zoom</i>	20 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	21 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	22 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
23 Closed	24 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	25 12:30 PM WRAP 2:30 PM IPS	26 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	27 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	28 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	29 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
30 Closed	31 OFFICE CLOSED 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games  MEMORIAL DAY		 <p>www.NAMI.org/itstime</p> <p>May is Mental Health Awareness Month</p> 