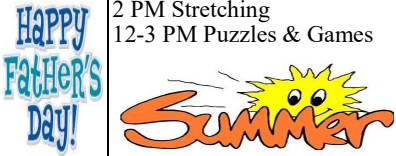


Next Step—June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12:30 PM WRAP 2:30 PM IPS	2 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	3 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	4 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	5 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
6 Closed	7 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	8 12:30 PM WRAP 2:30 PM IPS	9 12:30 PM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM <i>1 PM Educational Event: NH Mental Health Peer Alliance with Ken Lewis</i>	10 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	11 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	12 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
13 Closed	14 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games <i>10-11 AM Newsletter Workgroup @ SS</i>	15 12:30 PM WRAP 2:30 PM IPS <i>10 AM NH Mental Health Peer Alliance via zoom</i>	16 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	17 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	18 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	19 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
20 Closed	21 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games 	22 12:30 PM WRAP 2:30 PM IPS	23 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	24 12 PM Check-in 1 PM Creative Writing 2 PM Art Wellness	25 12:30 PM Life Goals 2:30 PM Inspirational True Life Experiences	26 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
27 Closed	28 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	29 12:30 PM WRAP 2:30 PM IPS	30 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom	PLEASE NOTE NO GROUPS: • 9 AM—6/1, 4, 11, 16, 17, 18, 21 • 11 AM—6/1, 16, 17, 18, 21	* denotes date or time change <i>Community Trips and Community Potluck are postponed until further notice. What's in the Box? is postponed until we resume Willing Hands deliveries.</i>