



Next Step—October 2021

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