




# Next Step—December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p><b>REMOTE GROUPS</b> <b>Monday through Friday</b></p> <p>9 AM Nutrition via zoom 11 AM Check-in via zoom</p>	<p><b>PLEASE NOTE NO GROUPS:</b></p> <ul style="list-style-type: none"> <li>• 9 AM—12/3, 24, 31</li> <li>• 11 AM—12/3, 24, 31</li> </ul>	<p>1 12:30 PM Patterns, Behaviors &amp; Relationships 1 PM Community Meeting 2:30 PM Meditation &amp; Relaxation 3 PM WHAM</p>	<p>2 12 PM Check-in 2 PM Art Wellness</p>	<p>3 11 AM Life Goals 1 PM Inspirational True Life Experiences</p> <p>Closed 9AM-12PM for Staff Training</p>	<p>4 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
5 Closed	<p>6 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles &amp; Games</p>	<p>7 1 PM Creative Writing 2:30 PM IPS</p>	<p>8 12:30 PM Patterns, Behaviors &amp; Relationships 1 PM Community Meeting 2:30 PM Meditation &amp; Relaxation 3 PM WHAM</p> <p>3:30 PM Board Mtg via zoom</p>	<p>9 12 PM Check-in 2 PM Art Wellness</p>	<p>10 11 AM Life Goals 1 PM Inspirational True Life Experiences</p>	<p>11 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
12 Closed	<p>13 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles &amp; Games</p> <p>10-11 AM Newsletter Workgroup @ SS</p>	<p>14 1 PM Creative Writing 2:30 PM IPS</p>	<p>15 12:30 PM Patterns, Behaviors &amp; Relationships 1 PM Community Meeting 2:30 PM Meditation &amp; Relaxation 3 PM WHAM</p>	<p>16 12 PM Check-in 2 PM Art Wellness</p>	<p>17 11 AM Life Goals 1 PM Inspirational True Life Experiences</p>	<p>18 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing</p>
19 Closed	<p>20 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles &amp; Games</p>	<p>21 1 PM Creative Writing 2:30 PM IPS</p> <p>10 AM NH Mental Health Peer Alliance via zoom</p>  <p>First Day of Winter</p>	<p>22 12:30 PM Patterns, Behaviors &amp; Relationships 2 PM* Community Meeting 2:30 PM Meditation &amp; Relaxation 3 PM WHAM</p> <p>1 PM Educational Event: 4 tasks of IPS with Chris Manns</p>	<p>23 12 PM Check-in 2 PM Art Wellness</p>	<p>24 OFFICE CLOSED</p> <p>Closed</p>	<p>25</p>  <p>Closed</p>
26 Closed	<p>27</p> <p>Closed</p>	<p>28</p> <p>Closed</p>	<p>29 12:30 PM Patterns, Behaviors &amp; Relationships 1 PM Community Meeting 2:30 PM Meditation &amp; Relaxation 3 PM WHAM</p>	<p>30 12 PM Check-in 2 PM Art Wellness</p>	<p>31 OFFICE CLOSED</p> <p>11 AM Life Goals 1 PM Inspirational True Life Experiences</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>