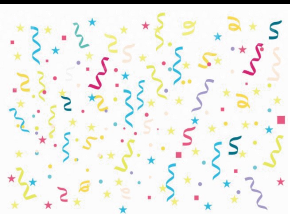




Next Step—January 2022

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—1/14, 17 • 11 AM—1/17 				<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 11 AM Creative Writing 1 PM IPS 1 time made changes	5 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	6 12 PM Check-in 2 PM Art Wellness	7 11 AM Life Goals 1 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 11 AM Creative Writing 1 PM IPS	12 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	13 12 PM Check-in 2 PM Art Wellness	14 11 AM Life Goals 1 PM Inspirational True Life Experiences Closed 9AM-11PM for Staff Training	15 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
16 Closed	17 OFFICE CLOSED 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games 	18 11 AM Creative Writing 1 IPS <i>10 AM NH Mental Health Peer Alliance via zoom</i>	19 12:30 PM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM	20 12 PM Check-in 2 PM Art Wellness	21 11 AM Life Goals 1 PM Inspirational True Life Experiences	22 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
23	24 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games	25 11 AM Creative Writing 1 PM IPS	26 12:30 PM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 3 PM WHAM <i>1 PM Educational Event: Pizza & Painting w/ Shanon</i>	27 12 PM Check-in 2 PM Art Wellness	28 11 AM Life Goals 1 PM Inspirational True Life Experiences	29 12 PM YouTube Video Discussion 1 PM Empathy 2:30 PM Community Healing
30 Closed	31 11 AM Walking Group 2 PM Stretching 12-3 PM Puzzles & Games					<p>* denotes date or time change</p> <p><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></p>