




Next Step—March 2022

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