
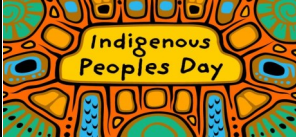


# Next Step—October 2022

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