






Next Step—June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom</p> <p>PLEASE NOTE NO GROUPS:</p> <ul style="list-style-type: none"> • 9 AM—6/5-9, 16, 19, 20, 23, 30 • 11 AM—6/5-9, 13, 16, 19, 20, 23, 30 			<p>* denotes date or time change <i>Community Trips are postponed until further notice.</i></p>	<p>1 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>2 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats</p>	<p>3 11:30 AM Empathy 1 PM Community Healing</p>
<p>4 Closed</p>	<p>5 11 AM Walking Group 12-1 PM Puzzles & Games</p>	<p>6 11 AM Creative Writing 1 PM IPS 3 PM WHAM</p>	<p>7 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation</p>	<p>8 12 PM Check-in 2-4 PM Art Wellness</p>	<p>9 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats</p>	<p>10 11:30 AM Empathy 1 PM Community Healing</p>
<p>11 Closed</p>	<p>12 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games</p> <p>10-11 AM Newsletter Workgroup @ SS</p>	<p>13 9 AM Nutrition via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM</p>	<p>14 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation</p>	<p>15 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>16 9 AM-3 PM CLOSED FOR STAFF TRNG 4:30 PM Community Eats</p>	<p>17 11:30 AM Empathy 1 PM Community Healing</p>
<p>18 Closed</p>  	<p>19 OFFICE CLOSED 11 AM Walking Group 12-1 PM Puzzles & Games</p> 	<p>20 11 AM Creative Writing 1 IPS 3 PM WHAM</p> <p>10 AM NH Mental Health Peer Alliance via zoom</p>	<p>21 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation</p> 	<p>22 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>23 9-11 AM CLOSED FOR STAFF MTG</p> <p>11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats</p>	<p>24 11:30 AM Empathy 1 PM Community Healing</p>
<p>26 Closed</p>	<p>26 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games</p>	<p>27 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS 3 PM WHAM</p>	<p>28 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation</p> <p>1 PM Educational Event: <i>In Our Own Voice</i> w/ Kevin O'Brien</p>	<p>29 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>30 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats</p>	