


Next Step—August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	REMOTE GROUPS Monday through Friday 9 AM Nutrition via zoom 11 AM Check-in via zoom PLEASE NOTE NO GROUPS: <ul style="list-style-type: none"> • 9 AM—8/11 • 11 AM—8/8 	1 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM	2 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	3 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	4 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	5 11:30 AM Empathy 1 PM Community Healing
6 Closed	7 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games	8 9 AM Nutrition via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM	9 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	10 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	11 9-11 AM CLOSED FOR STAFF MTG Open 11 AM-7 PM 11 AM Check-in via Zoom 4:30 PM Community Eats	12 11:30 AM Empathy 1 PM Community Healing
13 Closed	14 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games 10-11 AM <i>Newsletter Workgroup @ SS</i>	15 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM 10 AM NH Mental Health Peer Alliance via zoom	16 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	17 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness	18 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	19 11:30 AM Empathy 1 PM Community Healing
20 Closed	21 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games	22 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 1 IPS	23 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	24 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-3 PM Art Wellness	25 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats	26 11:30 AM Empathy 1 PM Community Healing
27 Closed	28 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games	29 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 IPS 3 PM WHAM	30 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 1 PM Educational Event: <i>Sexual Harassment w/ Chris Manns</i>	31 9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness		<i>* denotes date or time change</i> <i>Community Trips are postponed until further notice.</i>