


Stepping Stone—October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors</p>	<p>2 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction</p>	<p>3 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>4 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing</p>	<p>5 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>6 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals</p>	<p>7 12 PM Art Wellness 2 PM Movie & Conversation</p>
MENTAL ILLNESS AWARENESS WEEK						
<p>8 11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors</p>	<p>9 OFFICE CLOSED 12 PM IPS 2 PM Addiction</p> <p style="text-align: center;">NATIONAL INDIGENOUS PEOPLES DAY</p>	<p>10 9 AM Nutrition via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>11 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing</p>	<p>12 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>13 11AM Check-in via Zoom 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals</p>	<p>14 12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>15 11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors</p>	<p>16 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction</p> <p>10-11 AM Newsletter Workgroup</p>	<p>17 9 AM Nutrition via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p> <p>10 AM NH Mental Health Peer Alliance via zoom</p>	<p>18 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing 3:30 PM Board Mtg via zoom</p>	<p>19 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>20 Open 11 AM-4 PM</p> <p>11AM Check-in via Zoom 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals</p>	<p>21 12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>22 11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors</p>	<p>23 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction</p>	<p>24 9 AM Nutrition via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p> <p>11 AM Educational Event: Vision Boards w/Mark Nichols</p>	<p>25 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10AM Journaling/Writing 12 PM Rhythms & Expression 1 PM Community and Personal Healing</p>	<p>26 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>27 9 AM Nutrition via Zoom 11AM Check-in via Zoom 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals</p>	<p>28 12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>29 11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors</p>	<p>30 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction</p>	<p>31 Open 9 AM-3:30 PM</p> <p>9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p> <p style="text-align: center;">Boo!</p> 			<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—10/9, 20 • 11 AM—10/9, 10, 24 	<p>Until further notice Community Trips are postponed.</p> <p>* denotes date or time change</p>