





# Next Step—December 2023

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