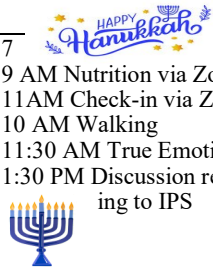
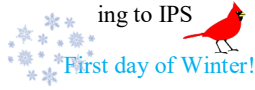



Stepping Stone—December 2023

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—12/18, 22, 25 • 11 AM—12/12, 22, 25 	<p><i>Until further notice Community Trips are postponed.</i></p> <p><i>* denotes date or time change</i></p>			<p>1 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>2 12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>3 11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors</p>	<p>4 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction</p>	<p>5 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>6 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>7 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></p>	<p>8 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>9 12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>10 11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors</p>	<p>11 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM IPS 2 PM Addiction</p> <p><i>10-11 AM Newsletter Workgroup</i></p>	<p>12 9 AM Nutrition via Zoom 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg</p> <p><i>1 PM Educational Event: CCBHC w/Michelle Wagner & Ebony Martin</i></p>	<p>13 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>14 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>15 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>16 12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>17 11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors</p>	<p>18 Open 11 AM-4 PM</p> <p>11AM Check-in via Zoom 12 PM IPS 2 PM Addiction</p>	<p>19 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p> <p><i>10 AM NH Mental Health Peer Alliance via zoom</i></p>	<p>20 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>21 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></p>	<p>22 OFFICE CLOSED</p> <p>10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals</p>	<p>23 12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>24 11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors</p>	<p>25 OFFICE CLOSED</p> <p>Closed</p> <p></p>	<p>26 9 AM Nutrition via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>27 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>28 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>29 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>30 12 PM Art Wellness 2 PM Movie & Conversation</p>
<p>31 11:30 AM Collaging & Paper Crafts 1 PM Proactive Behaviors</p>						