




Next Step—January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>CLOSED</p> 	<p>2</p> <p>9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM</p>	<p>3</p> <p>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>4</p> <p>9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>5</p> <p>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>6</p> <p>11:30 AM Empathy 1 PM Community Healing</p>
<p>7</p> <p>Closed</p>	<p>8</p> <p>9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games</p> <p><i>10-11 AM Newsletter Workgroup @ SS</i></p>	<p>9</p> <p>9 AM Nutrition via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM</p>	<p>10</p> <p>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 <i>3:30 PM Board Mtg via zoom</i></p>	<p>11</p> <p>9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>12</p> <p>Open 11 AM-7 PM 11 AM Check-in via Zoom 11 AM Life Goals 1 PM Book Club 4:30 PM Community Eats</p>	<p>13</p> <p>11:30 AM Empathy 1 PM Community Healing</p>
<p>14</p> <p>Closed</p>	<p>15</p> <p>OFFICE CLOSED</p> <p>11 AM Walking Group 12-1 PM Puzzles & Games</p> 	<p>16</p> <p>9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM</p> <p><i>10 AM NH Mental Health Peer Alliance via zoom</i></p>	<p>17</p> <p>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 <i>1 PM Educational Event: Live Free Recovery Services w/ Sean McDevitt</i></p>	<p>18</p> <p>9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>19</p> <p>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>20</p> <p>11:30 AM Empathy 1 PM Community Healing</p>
<p>21</p> <p>Closed</p>	<p>22</p> <p>9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games</p>	<p>23</p> <p>9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM</p>	<p>24</p> <p>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>25</p> <p>9 AM Nutrition via Zoom 11 AM Check-in via Zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>26</p> <p>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>27</p> <p>11:30 AM Empathy 1 PM Community Healing</p>
<p>28</p> <p>Closed</p>	<p>29</p> <p>9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Walking Group 12-1 PM Puzzles & Games</p>	<p>30</p> <p>9 AM Nutrition via Zoom 11 AM Check-in via Zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM</p>	<p>31</p> <p>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>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—1/1, 12, 15 • 11 AM—1/1, 9, 15 	<p><i>* denotes date or time change</i></p> <p><i>Community Trips are postponed until further notice</i></p>