




Stepping Stone—February 2024

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—2/9, 19 • 11 AM—2/13, 19 	<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 Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>2 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>3</p> <p>Closed</p>
4 Closed	<p>5 9 AM Nutrition via Zoom 11AM Check-in via Zoom 11 AM IPS 1 PM Addiction 3 PM Proactive Behaviors</p> <p><i>10-11 AM Newsletter Workgroup</i></p>	<p>6 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg</p> <p><i>12:45 PM Educational Event: In Our Own Voice w/ Tim Weeks</i></p>	<p>7 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>8 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>9 Open 11 AM-4 PM 11AM Check-in via Zoom 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 2 PM Check-in/Goals</p>	<p>10</p> <p>Closed</p>
11 Closed	<p>12 9 AM Nutrition via Zoom 11AM Check-in via Zoom 11 AM IPS 1 PM Addiction 3 PM Proactive Behaviors</p>	<p>13 9 AM Nutrition via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>14 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><i>HAPPY VALENTINE'S DAY</i> </p>	<p>15 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>16 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>17</p> <p>Closed</p>
18 Closed	<p>19 OFFICE CLOSED 11 AM IPS 1 PM Addiction 3 PM Proactive Behaviors</p> 	<p>20 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>21 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>22 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>23 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>24</p> <p>Closed</p>
25 Closed	<p>26 9 AM Nutrition via Zoom 11AM Check-in via Zoom 11 AM IPS 1 PM Addiction 3 PM Proactive Behaviors</p>	<p>27 9 AM Nutrition via Zoom 11AM Check-in via Zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>28 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>29 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>		