





Next Step—April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>1 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Walking Group 12-1 PM Puzzles & Games</p>  <p>APRIL FOOL</p>	<p>2 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM</p>	<p>3 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: TLC Recovery Program w/ Andrew Grenier</i></p>	<p>4 9 AM Nutrition via zoom 11 AM Check-in via zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>5 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation</p>	<p>6 11:30 AM Empathy 1 PM Community Healing</p>	
<p>7 Closed</p>	<p>8 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 9 AM Nutrition via zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM</p>	<p>10 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>11 9 AM Nutrition via zoom 11 AM Check-in via zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>12 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation</p>	<p>13 11:30 AM Empathy 1 PM Community Healing</p>
<p>14 Closed</p>	<p>15 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Walking Group 12-1 PM Puzzles & Games</p>	<p>16 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 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>18 9 AM Nutrition via zoom 11 AM Check-in via zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>19 Open 11 AM-7 PM</p> <p>11 AM Check-in via zoom 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation</p>	<p>20 11:30 AM Empathy 1 PM Community Healing</p>
<p>21 Closed</p>	<p>22 11 AM Walking Group 12-1 PM Puzzles & Games</p>	<p>23 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM</p>	<p>24 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 9 AM Nutrition via zoom 11 AM Check-in via zoom 12 PM Check-in 2-4 PM Art Wellness</p>	<p>26 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation</p>	<p>27 11:30 AM Empathy 1 PM Community Healing</p>
<p>28 Closed</p>	<p>29 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Walking Group 12-1 PM Puzzles & Games</p>	<p>30 9 AM Nutrition via zoom 11 AM Check-in via zoom 11 AM Creative Writing 1 PM IPS 3 PM WHAM</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—4/19, 22 • 11 AM—4/9, 22 	<p><i>* denotes date or time change</i></p> <p><i>Community Trips are postponed until further notice</i></p>