




Next Step—September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 OFFICE CLOSED 11 AM Walking Group 12-1 PM Puzzles & Games 	3 11 AM Creative Writing 1 PM IPS 3 PM WHAM	4 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	5 12 PM Check-in 2-4 PM Art Wellness	6 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation <i>12-5 PM Hampton Beach Seafood Festival</i>	7 11:30 AM Empathy 1 PM Community Healing
8 Closed	9 11 AM Walking Group 12-1 PM Puzzles & Games <i>1:30-2:30 PM Newsletter Workgroup @ NS</i>	10 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>Hunger Action Day!</i>	11 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 4-5 PM Board Mtg via zoom 	12 12 PM Check-in 2-4 PM Art Wellness	13 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	14 11:30 AM Empathy 1 PM Community Healing
15 Closed	16 11 AM Walking Group 12-1 PM Puzzles & Games	17 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>10 AM NH Mental Health Peer Alliance via zoom</i>	18 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	19 Open 9 AM-1 PM 12 PM Check-in OPEN HOUSE @ SS 2—6 PM	20 Open 11-7 PM 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	21 11:30 AM Empathy 1 PM Community Healing
22 Closed  Fall / Autumn	23 11 AM Walking Group 12-1 PM Puzzles & Games	24 11 AM Creative Writing 1 PM IPS 3 PM WHAM	25 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation <i>1 PM Educational Event: Peer Support Specialist Overview w/Megan Cross</i>	26 12 PM Check-in 2-4 PM Art Wellness	27 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	28 11:30 AM Empathy 1 PM Community Healing
29 Closed	30 11 AM Walking Group 12-1 PM Puzzles & Games					* denotes date or time change