



Next Step—October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 11 AM Creative Writing 1 PM IPS 3 PM WHAM	2 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	3 12 PM Check-in 2-4 PM Art Wellness	4 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	5 11:30 AM Empathy 1 PM Community Healing
MENTAL ILLNESS AWARENESS WEEK						
6 Closed	7 11 AM Walking Group 12-1 PM Puzzles & Games <i>1:30-2:30 PM Newsletter Workgroup @ NS</i>	8 11 AM Creative Writing 1 PM IPS 3 PM WHAM	9 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 	10 12 PM Check-in 2-4 PM Art Wellness	11 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	12 11:30 AM Empathy 1 PM Community Healing
13 Closed	14 OFFICE CLOSED 11 AM Walking Group 12-1 PM Puzzles & Games NATIONAL INDIGENOUS PEOPLES DAY	15 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>10 AM NH Mental Health Peer Alliance via zoom</i>	16 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	17 12 PM Check-in 2-4 PM Art Wellness	18 Open 11 AM-7 PM 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	19 11:30 AM Empathy 1 PM Community Healing
20 Closed	21 11 AM Walking Group 12-1 PM Puzzles & Games	22 11 AM Creative Writing 1 PM IPS 3 PM WHAM	23 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation <i>1 PM Educational Event: Voting w/James Ziegler</i>	24 12 PM Check-in 2-4 PM Art Wellness <i>1-3 PM Harvest Party @ NS</i>	25 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	26 11:30 AM Empathy 1 PM Community Healing
27 Closed	28 11 AM Walking Group 12-1 PM Puzzles & Games	29 Open 11 AM-5 PM 11 AM Creative Writing 1 PM IPS 3 PM WHAM	30 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	31 12 PM Check-in 2-4 PM Art Wellness 		* denotes date or time change