





Stepping Stone—May 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—5/16, 24, 27, 31 • 11 AM—5/14, 16, 24, 27, 31 	<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 9 AM Journaling/Writing 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p>	<p>2 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>3 9 AM Nutrition via zoom 11AM Check-in via zoom 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals</p>	<p>4 Closed</p>
<p>5 Closed</p>	<p>6 9 AM Nutrition via zoom 11AM Check-in via zoom 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation</p>	<p>7 9 AM Nutrition via zoom 11AM Check-in via zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p> <p>2 PM Trips & Events Brainstorm</p>	<p>8 9 AM Nutrition via zoom 11AM Check-in via zoom 9 AM Journaling/Writing 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p> <p>3:30 PM Board Mtg via zoom</p>	<p>9 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>10 9 AM Nutrition via zoom 11AM Check-in via zoom 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals</p>	<p>11 Closed</p>
<p>12 Closed</p> <p></p>	<p>13 9 AM Nutrition via zoom 11AM Check-in via zoom 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation 10-11 AM Newsletter Workgroup</p>	<p>14 9 AM Nutrition via zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p> <p>10 AM NH Mental Health Peer Alliance via zoom</p> <p>2 PM Trips & Events Brainstorm #2</p>	<p>15 9 AM Nutrition via zoom 11AM Check-in via zoom 9 AM Journaling/Writing 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p>	<p>16 OFFICE CLOSED</p> <p>11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>17 9 AM Nutrition via zoom 11AM Check-in via zoom 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals</p> <p></p>	<p>18 Closed</p>
<p>19 Closed</p>	<p>20 9 AM Nutrition via zoom 11AM Check-in via zoom 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation</p>	<p>21 9 AM Nutrition via zoom 11AM Check-in via zoom 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>22 9 AM Nutrition via zoom 11AM Check-in via zoom 9 AM Journaling/Writing 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p>	<p>23 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>24 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals</p>	<p>25 Closed</p>
<p>26 Closed</p>	<p>27 OFFICE CLOSED</p> <p>10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation</p> <p></p>	<p>28 9 AM Nutrition via zoom 11AM Check-in via zoom 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg</p> <p>1 PM Educational Event: NH Employment Security w/ Rose Brooke</p>	<p>29 9 AM Nutrition via zoom 11AM Check-in via zoom 9 AM Journaling/Writing 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p>	<p>30 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>31 Open 12 -4 PM</p> <p>12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals</p>	