





Next Step—June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change 1 PM Educational Event: TBD					1 11:30 AM Empathy 1 PM Community Healing
2 Closed	3 11 AM Walking Group 12-1 PM Puzzles & Games	4 11 AM Creative Writing 1 PM IPS 3 PM WHAM	5 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	6 12 PM Check-in 2-4 PM Art Wellness	7 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	8 11:30 AM Empathy 1 PM Community Healing
9 Closed	10 11 AM Walking Group 12-1 PM Puzzles & Games 1:30-2:30 PM Newsletter Workgroup @ NS	11 11 AM Creative Writing 1 PM IPS 3 PM WHAM	12 Open 11 AM-5 PM 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 	13 12 PM Check-in 2-4 PM Art Wellness	14 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	15 11:30 AM Empathy 1 PM Community Healing
16 Closed 	17 11 AM Walking Group 12-1 PM Puzzles & Games	18 11 AM Creative Writing 1 PM IPS 3 PM WHAM 10 AM NH Mental Health Peer Alliance in person/via zoom	19 OFFICE CLOSED 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 	20 12 PM Check-in 2-4 PM Art Wellness 	21 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	22 11:30 AM Empathy 1 PM Community Healing
23 Closed	24 11 AM Walking Group 12-1 PM Puzzles & Games	25 11 AM Creative Writing 1 PM IPS 3 PM WHAM	26 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	27 12 PM Check-in 2-4 PM Art Wellness	28 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation 12-2 PM Meyers Maple Lanes Bowling @ Claremont	29 11:30 AM Empathy 1 PM Community Healing
30 Closed						