



# Stepping Stone—July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed	2 Closed	3 Closed	4 OFFICE CLOSED Closed 	5 Closed	6 Closed
7 Closed	8 Closed	9 Closed	10 9 AM Journaling/Writing 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts  3:30 PM Board Mtg via zoom	11 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	12 Open 12 -4 PM 12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals	13 Closed
14 Closed	15 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation	16 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg  10 AM NH Mental Health Peer Alliance via zoom	17 9 AM Journaling/Writing 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	18 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	19 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals  	20 Closed
21 Closed	22 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation  1 PM Educational Event: Mobile Crisis Team w/ Angela Montano	23 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg  12-2 PM Boston Lot in Lebanon	24 9 AM Journaling/Writing 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	25 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	26 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	27 Closed
28 Closed	29 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation	30 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	31 9 AM Journaling/Writing 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	* denotes date or time change		