


Next Step—August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change			1 12 PM Check-in 2-4 PM Art Wellness	2 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	3 11:30 AM Empathy 1 PM Community Healing
4 Closed	5 11 AM Walking Group 12-1 PM Puzzles & Games	6 11 AM Creative Writing 1 PM IPS 3 PM WHAM	7 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	8 12 PM Check-in 2-4 PM Art Wellness	9 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	10 11:30 AM Empathy 1 PM Community Healing
11 Closed	12 11 AM Walking Group 12-1 PM Puzzles & Games 1:30-2:30 PM Newsletter Workgroup @ NS	13 11 AM Creative Writing 1 PM IPS 3 PM WHAM	14 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 	15 12 PM Check-in 2-4 PM Art Wellness 11:30 AM-3 PM Lake Sunapee Beach, swim & picnic in Sunapee	16 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	17 11:30 AM Empathy 1 PM Community Healing
18 Closed	19 11 AM Walking Group 12-1 PM Puzzles & Games	20 11 AM Creative Writing 1 PM IPS 3 PM WHAM 10 AM NH Mental Health Peer Alliance via zoom	21 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 1 PM Educational Event: Sexual Harassment w/ Shanon Laferte	22 12 PM Check-in 2-4 PM Art Wellness	23 Open 11-7 PM 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	24 11:30 AM Empathy 1 PM Community Healing
25 Closed	26 11 AM Walking Group 12-1 PM Puzzles & Games	27 11 AM Creative Writing 1 PM IPS 3 PM WHAM	28 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	29 12 PM Check-in 2-4 PM Art Wellness	30 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	31 11:30 AM Empathy 1 PM Community Healing