



Stepping Stone—September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 OFFICE CLOSED 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation HAPPY LABOR DAY	3 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	4 9 AM Journaling/Writing 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	5 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	6 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals <i>12-5 PM Hampton Beach Seafood Festival</i>	7 Closed
8 Closed	9 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation <i>10-11 AM Newsletter Workgroup @ SS</i>	10 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg <i>Hunger Action Day!</i>	11 9 AM Journaling/Writing 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts <i>4-5 PM Board Mtg via zoom</i>	12 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	13 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	14 Closed
15 Closed	16 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation	17 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg <i>10 AM NH Mental Health Peer Alliance via zoom</i> <i>1 PM Educational Event: Peer Support Specialist Overview w/Robert Laferte</i>	18 9 AM Journaling/Writing 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	19 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS OPEN HOUSE @ SS 2—6 PM	20 Open 12 -4 PM 12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals 	21 Closed
22 Closed 	23 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation	24 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	25 9 AM Journaling/Writing 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	26 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	27 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	28 Closed
29 Closed	30 10 AM IPS 12 PM Addiction 2 PM Proactive Behaviors 4 PM Movie & Conversation				<i>* denotes date or time change</i>	