




Next Step—April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change	1 11 AM Creative Writing 1 PM IPS 3 PM WHAM 	2 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	3 12 PM Check-in 2-4 PM Art Wellness	4 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	5 11:30 AM Empathy 1 PM Community Healing
6 Closed	7 12 PM Walking Group 12-1 PM Puzzles & Games	8 11 AM Creative Writing 1 PM IPS 3 PM WHAM 9:30 AM—12 PM BPAC, Concord NH	9 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 1 PM Educational Event: TLC Recovery Program w/Andy Grenier 	10 12 PM Check-in 2-4 PM Art Wellness 2 PM Arbor View Connections	11 Open 1-7 PM 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	12 Closed
13 Closed	14 12 PM Walking Group 12-1 PM Puzzles & Games 11 AM-12 PM Newsletter Workgroup @ NS	15 11 AM Creative Writing 1 PM IPS 3 PM WHAM 10 AM NH Mental Health Peer Alliance via zoom	16 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	17 12 PM Check-in 2-4 PM Art Wellness	18 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	19 11:30 AM Empathy 1 PM Community Healing
20 Closed Happy Easter!! 	21 12 PM Walking Group 12-1 PM Puzzles & Games	22 11 AM Creative Writing 1 PM IPS 3 PM WHAM	23 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	24 12 PM Check-in 2-4 PM Art Wellness 11 AM—1 PM A Cooking Lesson w/Eric Morgan @ NS	25 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	26 11:30 AM Empathy 1 PM Community Healing
27 Closed	28 12 PM Walking Group 12-1 PM Puzzles & Games	29 11 AM Creative Writing 1 PM IPS 3 PM WHAM	30 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation			