





Next Step, 109 Bank St., Lebanon—October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	2 12 PM Check-in 2-4 PM Art Wellness	3 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	4 11:30 AM Empathy 1 PM Community Healing
MENTAL ILLNESS AWARENESS WEEK						
5 Closed	6 12 PM Walking Group 1 PM Puzzles & Games 11 AM-12 PM Newsletter Workgroup @ NS	7 11 AM Creative Writing 1 PM IPS 3 PM WHAM	8 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 1 PM Educational Event: Drug Harm Reduction w/Laura Byrne 	9 12 PM Check-in 2-4 PM Art Wellness 2 PM Arbor View Connections	10 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	11 11:30 AM Empathy 1 PM Community Healing
12 Closed	13 Office Closed 12 PM Walking Group 1 PM Puzzles & Games 	14 11 AM Creative Writing 1 PM IPS 3 PM WHAM 9:30 AM—12 PM BHPAC, Concord NH	15 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	16 12 PM Check-in 2-4 PM Art Wellness	17 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	18 11:30 AM Empathy 1 PM Community Healing
19 Closed	20 12 PM Walking Group 1 PM Puzzles & Games	21 11 AM Creative Writing 1 PM IPS 3 PM WHAM 10 AM NH Mental Health Peer Alliance via zoom	22 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 2-3:30 PM Lake Sunapee Cruise	23 12 PM Check-in 2-4 PM Art Wellness	24 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	25 11:30 AM Empathy 1 PM Community Healing
26 Closed	27 12 PM Walking Group 1 PM Puzzles & Games	28 11 AM Creative Writing 1 PM IPS 3 PM WHAM	29 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	30 12 PM Check-in 2-4 PM Art Wellness	31 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation 	* denotes date or time change