
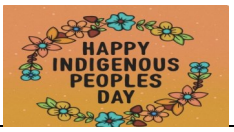




Stepping Stone, 132 Pleasant St., Suite 1, Claremont—October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p>OCTOBER Breast CANCER AWARENESS MONTH</p>		<p>1 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p>	<p>2 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>3 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals</p>	<p>4 Closed</p>
MENTAL ILLNESS AWARENESS WEEK						
<p>5 Closed</p>	<p>6 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation</p> <p>2-3 PM Newsletter Workgroup @ SS</p>	<p>7 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>8 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p>	<p>9 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p> <p>2 PM Arbor View Connections</p>	<p>10 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals</p>	<p>11 Closed</p>
<p>12 Closed</p>	<p>13 Office Closed</p> <p>9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation</p> 	<p>14 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg</p> <p>9:30 AM—12 PM BHPAC, Concord NH</p> <p>1 PM Educational Event: Drug Harm Reduction w/ Laura Byrne</p>	<p>15 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p>	<p>16 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>17 Open 12-4 PM</p> <p>12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals</p> 	<p>18 Closed</p>
<p>19 Closed</p>	<p>20 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation</p>	<p>21 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p> <p>10 AM NH Mental Health Peer Alliance via zoom</p>	<p>22 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p> <p>2-3:30 PM Lake Sunapee Cruise</p>	<p>23 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>24 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals</p>	<p>25 Closed</p>
<p>26 Closed</p>	<p>27 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation</p>	<p>28 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>29 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p>	<p>30 10 AM Walking 11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>31 HALLOWEEN</p> <p>10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals</p> 	<p>* denotes date or time change</p>