






# Next Step, 109 Bank St., Lebanon—June 2026

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