







Stepping Stone, 132 Pleasant St., Suite 1, Claremont—June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation</p>	<p>2</p> <p>12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg</p> <p><i>1 PM Educational Event: Budgeting w/ Nancy Beaudoin</i></p>	<p>3</p> <p>9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p>	<p>4</p> <p>Office Closed</p> <p>11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>5</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>6</p> <p>Closed</p>
<p>7</p> <p>Closed</p>	<p>8</p> <p>9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation</p> <p><i>2-3 PM Newsletter Workgroup @ SS</i></p>	<p>9</p> <p>12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p> 	<p>10</p> <p>9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p> 	<p>11</p> <p>11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking</p>	<p>12</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>13</p> <p>Closed</p>
<p>14</p> <p>Closed</p>	<p>15</p> <p>9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation</p>	<p>16</p> <p>12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p> <p><i>10 AM NH Mental Health Peer Alliance via zoom</i></p>	<p>17</p> <p>9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p>	<p>18</p> <p>11:30 AM True Emotions 1:30 PM Discussion relating to IPS</p>	<p>19</p> <p>Office Closed </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>20</p> <p>Closed</p>
<p>21</p> <p>Closed</p> 	<p>22</p> <p>9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation</p>	<p>23</p> <p>12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>	<p>24</p> <p>9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts</p>	<p>25</p> <p>11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking</p> <p><i>11 AM-2PM Lake Sunapee Beach swim & picnic</i></p>	<p>26</p> <p>Closed</p>	<p>27</p> <p>Closed</p>
<p>28</p> <p>Closed</p>	<p>29</p> <p>9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation</p>	<p>30</p> <p>12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg</p>			<p><i>* denotes date or time change</i></p>	