

Next Step, 109 Bank St., Lebanon—July 2026

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 Office Closed 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 
5 Closed	6 12 PM Walking Group 1 PM Puzzles & Games	7 11 AM Creative Writing 1 PM IPS 3 PM WHAM	8 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 3:30 PM Board Mtg , Claremont & via zoom 	9 12 PM Check-in 2-4 PM Art Wellness	10 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	11 11:30 AM Empathy 1 PM Community Healing
12 Closed	13 12 PM Walking Group 1 PM Puzzles & Games 11 AM-12 PM Newsletter Workgroup @ NS	14 11 AM Creative Writing 1 PM IPS 3 PM WHAM	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 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation 6:45 PM Claremont Speedway, Claremont 	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 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 1 PM Educational Event: 988 Rapid Response Access Point w/ Kara Washam	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 Open 10 AM-3 PM 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