

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change		1 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	2 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	3 Office Closed 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	4 Closed 
5 Closed	6 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation 2-3 PM Newsletter Workgroup @ SS	7 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	8 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts 3:30 PM Board Mtg , Claremont & via zoom	9 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking	10 Open 12-4 PM 12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals	11 Closed
12 Closed	13 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	14 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg 1 PM Educational Event: 988 Rapid Response Access Point w/ Kara Washam	15 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	16 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	17 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals 6:45 PM Claremont Speedway, Claremont 	18 Closed 
19 Closed	20 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	21 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg 10 AM NH Mental Health Peer Alliance via zoom	22 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	23 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking	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	25 Closed
26 Closed	27 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	28 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	29 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	30 11:30 AM True Emotions 1:30 PM Discussion relating to IPS	31 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	