

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* denotes date or time change					1 11:30 AM Empathy 1 PM Community Healing
2 Closed	3 12 PM Walking Group 1 PM Puzzles & Games	4 11 AM Creative Writing 1 PM IPS 3 PM WHAM	5 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	6 12 PM Check-in 2-4 PM Art Wellness	7 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	8 11:30 AM Empathy 1 PM Community Healing
9 Closed	10 12 PM Walking Group 1 PM Puzzles & Games 11 AM-12 PM Newsletter Workgroup @ NS	11 11 AM Creative Writing 1 PM IPS 3 PM WHAM	12 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 	13 12 PM Check-in 2-4 PM Art Wellness	14 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	15 11:30 AM Empathy 1 PM Community Healing
16 Closed	17 12 PM Walking Group 1 PM Puzzles & Games	18 11 AM Creative Writing 1 PM IPS 3 PM WHAM 10 AM NH Mental Health Peer Alliance via zoom	19 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation 1 PM Educational Event: NAMI w/ Meredith Kolodze	20 12 PM Check-in 2-4 PM Art Wellness 10 AM-2 PM Hampton Beach	21 Open 9 AM-3 PM 11 AM Life Goals 1 PM Community Eats	22 11:30 AM Empathy 1 PM Community Healing
23 Closed	24 12 PM Walking Group 1 PM Puzzles & Games	25 11 AM Creative Writing 1 PM IPS 3 PM WHAM	26 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	27 12 PM Check-in 2-4 PM Art Wellness	28 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation	29 11:30 AM Empathy 1 PM Community Healing
30 Closed	31 12 PM Walking Group 1 PM Puzzles & Games					