

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

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