

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

Mon	Tues	Wed	Thu	Fri	Sat
	<i>* denotes date or time change</i>		1 12 PM Check-in 2-4 PM Art Wellness	2 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	3 11:30 AM Empathy 1 PM Community Healing
MENTAL ILLNESS AWARENESS WEEK					
4 Closed	5 12 PM Walking Group 1 PM Puzzles & Games <i>11 AM-12 PM Newsletter Workgroup @ NS</i>	6 11 AM Creative Writing 1 PM IPS 3 PM WHAM	7 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	8 12 PM Check-in 2-4 PM Art Wellness <i>10 AM-2 PM Faneuil Hall</i> 	9 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation
11 Closed	12 Office Closed 12 PM Walking Group 1 PM Puzzles & Games 	13 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>9:30 AM—12 PM BHPAC, Concord NH</i>	14 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation 	15 12 PM Check-in 2-4 PM Art Wellness <i>Global Peer Support Celebration Day</i>	16 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation
18 Closed	19 12 PM Walking Group 1 PM Puzzles & Games	20 11 AM Creative Writing 1 PM IPS 3 PM WHAM <i>10 AM NH Mental Health Peer Alliance via zoom</i>	21 11 AM Patterns, Behaviors & Relationships 1 PM Community Meeting 2:30 PM Meditation & Relaxation	22 12 PM Check-in 2-4 PM Art Wellness	23 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation
25 Closed	26 12 PM Walking Group 1 PM Puzzles & Games	27 11 AM Creative Writing 1 PM IPS 3 PM WHAM	28 11 AM Patterns, Behaviors & Relationships 2 PM* Community Meeting 2:30 PM Meditation & Relaxation <i>1 PM Educational Event: Charlie Health w/ Rachel Miller</i>	29 12 PM Check-in 2-4 PM Art Wellness	30 11 AM Life Goals 1 PM Community Eats 3:30 PM Inspirational True Life Experiences 4:30 PM Movie & Conversation
					31 11:30 AM Empathy 1 PM Community Healing 