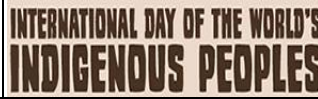


Stepping Stone, 132 Pleasant St., Suite 1, Claremont—October 2026

Mon		Tues		Wed		Thu		Fri		Sat	
		<i>* denotes date or time change</i>				1 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking		2 Open 12-4 PM 12-1 PM Puzzles & Games 12-1 PM Art Wellness 2 PM Check-in/Goals		3 Closed	
MENTAL ILLNESS AWARENESS WEEK											
4 Closed	5 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation 2-3 PM Newsletter Workgroup @ SS	6 12 PM Community Eats 12:45 PM Stretching 2 PM* Community Mtg 1 PM Educational Event: Charlie Health w/Jodi Gosselin	7 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	8 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 10 AM-2 PM Faneuil Hall 	9 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	10 Closed					
11 Closed	12 Office Closed 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation 	13 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg 9:30 AM—12 PM BHPAC, Concord NH	14 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	15 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking Global Peer Support Celebration Day	16 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals 	17 Closed					
18 Closed	19 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	20 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg 10 AM NH Mental Health Peer Alliance via zoom	21 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	22 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking	23 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	24 Closed					
25 Closed	26 9 AM Journaling/Writing 11 AM Addiction 1 PM Proactive Behaviors 3 PM Movie & Conversation	27 12 PM Community Eats 12:45 PM Stretching 1 PM Community Mtg	28 9 AM IPS 10 AM Nutrition 11 AM Rhythms & Expression 12 PM Community and Personal Healing 1 PM Collaging & Paper Crafts	29 11:30 AM True Emotions 1:30 PM Discussion relating to IPS 2 PM Walking	30 10 AM Rock-on Cardio 11:30 AM-1 PM Puzzles & Games 11:30 AM-1 PM Art Wellness 2 PM Check-in/Goals	31 Closed 					