

STEPS Virtual Events Calendar – April 2020

Phone Support also available during business hours at **508-233-8228** (call/text)

Sun (clo sed)	Monday (11am – 6pm)	Tuesday (11am – 6pm)	Wednesday (11am – 6pm)	Thursday (11am – 6pm)	Friday (Walking group and appt only)	Sat (clo sed)
29	30 12-1: Coping Skills (Microsoft TEAM) 5-6: Group Walk (Instagram LIVE)	31 12-1: Peer Support (Microsoft TEAM) 5-6: Group Walk (Instagram LIVE)	1 12-1: Peer Support (Microsoft TEAM) 5-6: Group Walk (Instagram LIVE)	2 12-1: Cooking Group (Instagram LIVE) 5-6: Group Walk (Instagram LIVE)	3 5-6: Group Walk (Instagram LIVE)	4
5	6 12-1: Coping Skills (Microsoft TEAM) 5-6: Group Walk (Instagram LIVE)	7 12-1: Peer Support (Microsoft TEAM) 5-6: Group Walk (Instagram LIVE)	8 12-1: Peer Support (Microsoft TEAM) 5-6: Group Walk (Instagram LIVE)	9 12-1: Cooking Group (Instagram LIVE) 5-6: Group Walk (Instagram LIVE)	10 5-6: Group Walk (Instagram LIVE)	11
12	13 12-1: Coping Skills (Microsoft TEAM) 5-6: Group Walk (Instagram LIVE)	14 12-1: Peer Support (Microsoft TEAM) 5-6: Group Walk (Instagram LIVE)	15 12-1: Peer Support (Microsoft TEAM) 5-6: Group Walk (Instagram LIVE)	16 12-1: Cooking Group (Instagram LIVE) 5-6: Group Walk (Instagram LIVE)	17 5-6: Group Walk (Instagram LIVE)	18
19	20 12-1: Coping Skills (Microsoft TEAM) 5-6: Group Walk (Instagram LIVE)	21 12-1: Peer Support (Microsoft TEAM) 5-6: Group Walk (Instagram LIVE)	22 12-1: Peer Support (Microsoft TEAM) 5-6: Group Walk (Instagram LIVE)	23 12-1: Cooking Group (Instagram LIVE) 5-6: Group Walk (Instagram LIVE)	24 5-6: Group Walk (Instagram LIVE)	25
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Email invites will be sent out for all of the Microsoft TEAM groups and the Instagram LIVE groups can be found on our Instagram page @stepsyoungadults

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PLEASE NOTE THAT ALL GROUPS ARE OPEN TO THE PUBLIC - FOR FREE!

When it comes to pandemics, STEPS has no barriers for support. We are here for YOU!

Peer Support (Microsoft TEAM): Join Olivia for a virtual peer-led support group. Bring anything you are currently struggling with and get support from your peers. We will be opening and closing every group with gratitude statements to remind ourselves how lucky we are during this challenging time.

Coping Skills Group (Microsoft TEAM): Let's be real, we ALL could use some practice with coping skills right now. Join Olivia AND Lexie a group discussion around what coping skills have been helpful through this time, and a group activity utilizing supplies around your house and hobbies you enjoy.

Cooking Group>Show (Instagram LIVE): Miss cooking with Olivia at STEPS? Fear not! Olivia will be cooking up lots of tasty meals live on Instagram every Thursday.

Social Distancing Group Walk (Instagram LIVE): Need a little accountability to get your body moving while stuck at home all day? (literally) Simply go on a walk at 5pm while tuning in to Instagram LIVE @stepsyoungadults for some company and support! Sometimes co-hosted by our very special guest, singer/songwriter: Gi-Chul!

Remember everyone, if STEPS can stay home, so can you!