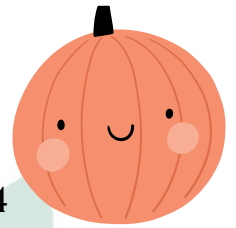


October

October Calendar

ONE PEER TO ANOTHER-CONCORD

22 BRIDGE ST UNIT 15, CONCORD, NH 03301 (603) 224-0894



MONDAY	TUESDAY	WEDNESDAY
Community/Member Meeting 10/7 @NOON Board Meeting 10/29 @6pm	We Provide FREE Transportation! 	“Fall into a season of choosing yourself, protecting your peace, and honoring your needs.”
5 10:00am Coffee Hour 11:00 Positive Self-Talk 12:00pm BYOL & Games 1:00 Write & Reflect	6 10:00am Walmart Shopping Trip 12:00pm Walking for Wellness 1:00pm Coping Strategies 2:00 Laughing Group	7 10:00 Morning Meditation 11:00 Coloring & Convo 12:00 Prepare & Share Nutrition Group   1:00pm Community Member Meeting
12 INDIGENOUS PEOPLES' DAY CENTERS CLOSED	13 10:00am Walmart Shopping Trip 12:00pm Walking for Wellness 1:00pm Coping Strategies 2:00 Laughing Group	14 10:00am Morning Meditation 11:00 Coloring & Convo 12:00 Prepare & Share Nutrition Group   2:00 Check Out
19 10:00am Coffee Hour 11:00 Weekly Goals 12:00pm BYOL & Games 1:00 Write & Reflect	20 10:00 NH Mental Health Peer Alliance* 11:00am Walmart Shopping Trip 1:00pm Walking for Wellness 2:00pm Check Out	21 10:00am Morning Meditation 11:00 Coloring & Convo 12:00 Prepare & Share Nutrition Group   2:00 Check Out
26 10:00am Coffee Hour 11:00 Weekly Goals 12:00pm BYOL & Games 1:00 Write & Reflect	27 10:00am Walmart Shopping Trip 12:00pm Walking for Wellness 1:00pm Coping Strategies 2:00 Laughing Group	28 10:00am Morning Meditation 11:00 Coloring & Convo 12:00 Prepare & Share Nutrition Group   2:00 Check Out

THURSDAY

FRIDAY

10:00am Healthy Boundaries 1 11:00am Ice Breakers 12:00pm Art & Connection 2:00pm Check Out	2 10:00am Downtown with Peers 11:00am Game Time! 12:30pm Friday FILM
10:00am Healthy Boundaries 8 11:00am Ice Breakers 12:00pm Art & Connection 🎨 2:00pm Check Out	9 10:00am Downtown with Peers 11:00am Game Time! 12:30pm Friday FILM
15 10:00am Healthy Boundaries 11:00am Ice Breakers 12:00pm Art & Connection 🎨 2:00pm Check Out	16 10:00am Downtown with Peers 11:00am Game Time! 12:30pm Friday FILM
10:00am Healthy Boundaries 22 11:00am Ice Breakers 12:00pm Art & Connection 🎨 2:00pm Check Out	23 FIELD TRIP Beech Hill Farm 🐮 🌽 (sign up by 10/16)
10:00am Healthy Boundaries 29 11:00am Ice Breakers 12:00pm Art & Connection 🎨 2:00pm Check Out	30 10:00am Downtown with Peers 11:00am Game Time! 12:30pm Friday FILM

IMPORTANT INFORMATION:

Local Warmline:

1-800-306-4334

7/365 days 5pm-10pm

For when you need to talk to someone!

Local Mental Health Agency:

Riverbend

Community Health Inc.

603-715-5060

Call or Text 988

24/7/365 days

For when you are in crisis, feeling suicidal, or need professional assistance

Funding for Peer Support Agencies

comes from the :

NH Department of Health and Human Services (DHHS) & the Substance Abuse and Mental Health Services Administration (SAMHSA)