

October

October Calendar

ONE PEER TO ANOTHER-LACONIA
328 UNION AVE. LACONIA, NH 03246 (603) 528-7742



MONDAY	TUESDAY	WEDNESDAY
Community/Member Meeting 10/6 @NOON Board Meeting 10/29 @6pm	We Provide FREE Transportation! 	<i>"Fall into a season of choosing yourself, protecting your peace, and honoring your needs."</i>
5 10:00am Coffee Hour 11:00 Shopping Trip* 1:00 Happy Little Painters 	6 10:00am Check In 11:00 Self Care 12:00 Community Member Meeting & Prepare & Share Nutrition Group*   2:00 Walking Group	7 10:00am Morning Gratitude 11:00am Art w/ Mona  12:00 Crockpot & Connection  1:00pm Creative Writing 2:00pm Laughing Group
12 INDIGENOUS PEOPLES' DAY CENTERS CLOSED	13 10:00am NH Mental Health Peer Alliance* 11:00 Self Care 12:00 Prepare & Share Nutrition Group*   2:00 Walking Group	14 10:00am Morning Gratitude 11:00am Art w/ Mona  12:00 Crockpot & Connection  1:00pm Creative Writing 2:00pm Laughing Group
19 10:00am Coffee Hour 11:00 Shopping Trip* 1:00 Happy Little Painters 	20 10:00am Check In 11:00 Self Care 12:00 Prepare & Share Nutrition Group*   2:00 Walking Group	21 10:00am Morning Gratitude 11:00am Art w/ Mona  12:00 Crockpot & Connection  1:00pm Creative Writing 2:00pm Laughing Group
26 10:00am Coffee Hour 11:00 Shopping Trip* 1:00 Happy Little Painters 	27 10:00am Check In 11:00 Self Care 12:00 Prepare & Share Nutrition Group*   2:00 Walking Group	28 10:00am Morning Gratitude 11:00am Art w/ Mona  12:00 Crockpot & Connection  1:00pm Creative Writing 2:00pm Laughing Group

THURSDAY

FRIDAY

1 10:00 Check In 11:00am Ice Breakers 12:00-1:30 Isaiah 61 Outreach (Satellite) 2:00pm Game Time!	2 10:00am Stress Busters   11:00am BYOL  12:30 Friday Film 2:00 Weekend Ready
8 10:00 Check In 11:00am Ice Breakers 12:00-1:30 Isaiah 61 Outreach (Satellite) 2:00pm Game Time!	9 10:00am Stress Busters   11:00am BYOL  12:30 Friday Film 2:00 Weekend Ready
15 10:00 Check In 11:00am Ice Breakers 12:00-1:30 Isaiah 61 Outreach (Satellite) 2:00pm Game Time!	16 10:00am Stress Busters   11:00am BYOL  12:30 Friday Film 2:00 Weekend Ready
22 10:00 Check In 11:00am Ice Breakers 12:00-1:30 Isaiah 61 Outreach (Satellite) 2:00pm Game Time!	23 Moulton Farm Corn Maze  Bring any \$ for extra purchases...DONUTS! (sign up for rides by 10/16)
29 10:00 Check In 11:00am Ice Breakers 12:00-1:30 Isaiah 61 Outreach (Satellite) 2:00pm Game Time!	30 10:00am Stress Busters   11:00am BYOL  12:30 Friday Film 2:00 Weekend Ready

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:

Local Mental Health Agency:

Lakes Region Mental Health Center
603-524-1100

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)