

October Newsletter

ONE PEER TO ANOTHER



October 2026



In this
newsletter
you can expect:

Events at
One Peer to
Another

Events in the
Community

Local
Resources

Contact Info
for our Staff
at One Peer

Mental
Health
Awareness
in October

Dear Readers,
October invites us to embrace change, reflect on our journey, and welcome new beginnings. As the seasons change, it is a wonderful time to slow down, reconnect with ourselves and others, and recognize the strength it takes to keep moving forward.

October is a time to recognize the importance of mental health, wellness, and recovery. At One Peer to Another, we encourage you to reach out, check in on those around you, and remind anyone who may be struggling that they are not alone. There is hope, support is available, and recovery is possible.

Connection is at the heart of healing and recovery. Peer support can help reduce isolation and remind us that we don't have to navigate our journey alone. Sometimes, a listening ear or a simple reminder that someone matters can make a meaningful difference.

As you read this month's newsletter, take a moment to recognize your progress, celebrate your wins, big and small and reach out to someone who may need a little extra support.

Thank you for being part of a community built on compassion, resilience, recovery, and hope. We wish you a safe, healthy, and meaningful October.

With gratitude,
One Peer to Another

One Peer to Another October Events

- **October 6th- 12pm In Laconia Community/Member Meeting & Prepare & Share Nutrition Group** 🥗
- **October 6th- 12pm In Concord Community/Member Meeting & Prepare & Share Nutrition Group** 🥗
- **October 12th- Indigenous Peoples' Day/CENTERS CLOSED**
- **Every Tuesday @12 - Prepare & Share Nutrition Group** 🥗🥗 in Laconia
- **Every Wednesday @12pm Prepare & Share Nutrition Group** 🥗🥗 in Concord
- **Every Wednesday @ Laconia Center @ 11 Art w/Mona** 🎨
- **Every Friday in Concord @ 10am Downtown w/Peers** 👯👯 **Every Friday in Laconia @ 1pm** 🛍️👟
- **Every Wednesday in Laconia @ 12:00-1:30 Isaiah 61 Outreach (Satellite)**
- **Art & Connection Concord @ 1pm every Thursday** 🎨
- **October 13th- 10AM NH Mental Health Peer Alliance (via Zoom)**
- **October 23rd- LACONIA CENTER FIELD TRIP MOULTON FARM CORN MAZE** 🌽 (sign up by 10/16)
- **October 23rd- CONCORD CENTER FIELD TRIP BEECH HILL FARM** 🐔🌽 sign up by (10/16)
- **October 29th- Board of Directors Meeting at 6pm (call for link)**

Recent Happenings @ One Peer



VOICES AGAINST VIOLENCE



RECOVERY RALLY IN CONCORD

ARTS & CRAFTS GROUPS



OVERDOSE
AWARENESS VIGIL-
LACONIA

Events in the Community

Playgroups for Children



Giggles & Grins, Happy Sounds & Traveling Playgroup are designed for children ages birth to 5 years old. Older siblings may be allowed if there is space.

All playgroups are free and drop-in (no pre-registration required).

Caregivers must attend groups with their children and supervise them at all times. For more information, call Carol at (603) 581-1565 or email carol.stone@lrcs.org

Giggles & Grins Playgroup

Tuesdays & Fridays from 9:00-11:00am at our Main Office, 719 North Main St. Laconia
A free, inclusive community playgroup that provides children from birth to age 5 with the opportunity to play and develop critical social-emotional skills. Families have the chance to share parenting ideas and concerns, establish friendships, and decrease isolation.

Happy Sounds Music Group

Wednesdays 9:00-9:45am at our Main Office, 719 North Main St. Laconia
A free, weekly class where caregiver and child participate together in movement and rhythm activities set to music. A great opportunity for building social skills while enjoying all of the physical, emotional, & intellectual benefits that interaction with music can bring.

Traveling Playgroup

Thursdays 9:00-10:00am at Tardiff Park on Crescent St. in Laconia (weather permitting)
Traveling Playgroup is a safe, weekly opportunity for young children & caregivers to socialize and exercise outside with other children & families.

Into the Wild: Infant/Toddler Forest Playgroup

For children ages birth to 36 months with a parent/caregiver
Meets the first Monday of each month from 10-11:30am
Held outdoors at Prescott Farm Environmental Center, 928 White Oaks Rd. Laconia
Experience the importance of nature immersion and open-ended play. This playgroup provides opportunities to encourage experimentation, discovery and curiosity through child-driven play.

TOGETHER we are NAMIWalks NEW HAMPSHIRE



Sunday, October 4th
Soccer Fields
S. Fruit Street, Concord, NH
Registration Opens: 9am
Walk Starts: 10:30am

www.NAMIWalksNH.org

22 years AND STILL WALKING one step at a time.

FINISH LINE JIMMY FUND WALK

WHY I WALK

What started as a way to honor my grandmother, whom I lost to cancer when I was just 8 yrs old, has grown into something much larger. Over the years, I've added more names to the list of "who I walk for." This walk has become deeply personal — every step I take is for someone I love.

OCTOBER 4, 2026
22ND JIMMY FUND WALK

28 MILES
HOPKINTON TO BOSTON COMMON

100% FOR
DANA-FARBER CANCER RESEARCH AND PATIENT CARE

EVERY DOLLAR makes a difference.

Thank you for your support!

Together, WE CAN BEAT CANCER.

JIMMY FUND WALK for Dana-Farber

All About Recovery

A 12-STEP MEETING FOR RECOVERY FROM ALL SUBSTANCES

1 hr meeting

Free & Open to the Public

Tuesday's 7:00 PM

102 Court Street Laconia NH 03246

FREE Pizza generously provided by

For More Information: (603) 524-5939

NAVIGATING RECOVERY of THE LAKES REGION

DEVELOPING PERSONAL POWER & KEEPING KIDS SAFE

Nurturing Skills

HYBRID COURSE
Participants can choose to attend in person at 719 N Main St., Laconia, NH OR Virtually via Zoom

7-week series begins October 29, 2026
Daytime & evening classes available
Thursdays 10:00-11:30am OR 6:30-8:00pm

REGISTER AT: WWW.LRCS.ORG/FAMILYRECOVERY OR USE THE QR CODE:

This Nurturing Skills module focuses on power struggles and positive ways to manage behavior. Participants will examine choices that empower children and keep all members of the family safe and healthy while building children's self-esteem.

For those who attend in person, dinner will be served at 6pm and on-site childcare may be available if reserved at the time of registration. Space is limited.

WINNI SAUKEE DIVING INTO FALL FESTIVAL

OCTOBER 3RD & 4TH

WEIRS BEACH LACONIA, NH

BENEFITING Old Dogs Go To Helen

Back Diving Competitions
Local Vendors
Food Trucks & BBQ
Free Samples
Family Friendly Activities

Autumn Craft Festival

OCTOBER 3 & 4

Mill Falls Marketplace on the Lake
Meredith, NH

Arts, Crafts & Specialty Foods

CASTLEBERRY FAIRS & FESTIVALS

11TH ANNUAL LACONIA PUMPKIN FESTIVAL

FRIDAY, OCTOBER 23rd 4pm-10pm
SATURDAY, OCTOBER 24th 11am-10pm

Pumpkin Tower
Live Music
Beer Tents with Social District
Food Trucks
Craft Show
Train Rides
Local Food and Shops
Forever Locked Exhibit
Amusements
Parades
Activities
Corn Hole Tournament
New England Curiosities

LIVE MUSIC INCLUDES:
FRIDAY LINEUP:
4pm-6:30pm - BANKING MADELY BACKWARDS
7pm-9:30pm - BREED BUFFALO
SATURDAY LINEUP:
12pm-2:30pm - MILES TO MEMPHIS
3pm-4:30pm - SUPERNOOTHING
5pm-6:30pm - CANYON LIGHTS
7pm-9pm - EVERWAY (over)
8pm-9:30pm - LASER LIGHTS SHOW
8:30pm-9:30pm - EVERWAY (over)

9th ANNUAL HOWL-O-WEEN 5K

17

Saturday, October 17, 2026 at 10AM

REGISTER TODAY! 9th ANNUAL HOWL-O-WEEN 5K RUN/WALK FOR THE ANIMALS! | Animal Rescue League of NH

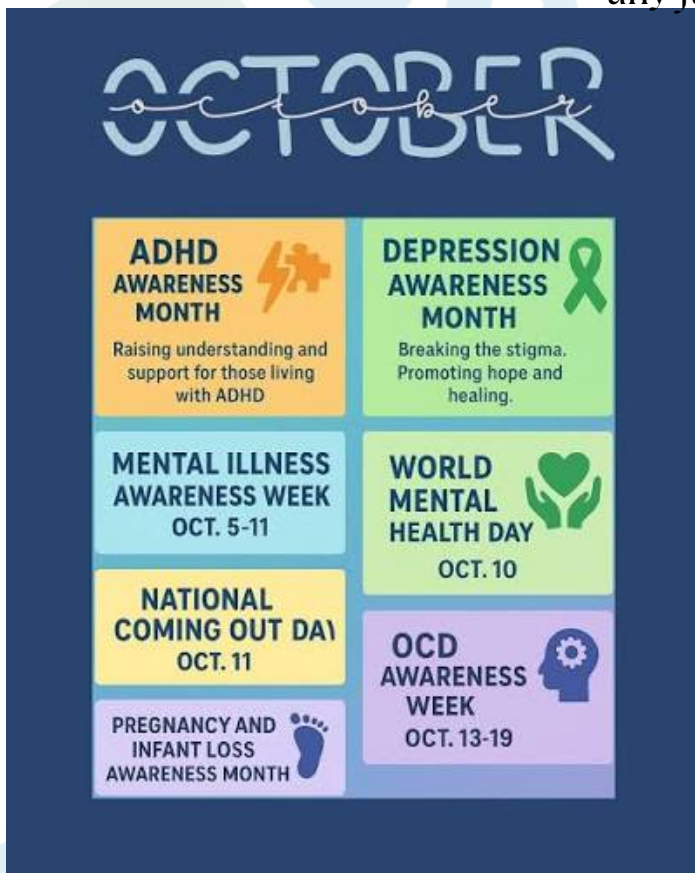
Northeast Delta Dental Stadium

October Awareness Events



Mental Illness Awareness Week 💜

Mental illness affects millions of people every year. In the United States, more than 1 in 5 adults experience a mental health condition, yet many people do not receive the support or treatment they need. Mental health challenges can affect anyone, regardless of age or background. By increasing awareness, reducing stigma, and creating safe spaces for people to feel heard and supported, we can help build a healthier and more compassionate community. At One Peer to Another it's a safe space, where people can be heard without any judgment.



💙 Depression Awareness Month is observed each October to increase understanding of depression, reduce stigma, and encourage people to seek support. Depression is more than feeling sad, it can affect a person's mood, thoughts, relationships, sleep, and daily life. You are not alone, and reaching out for support is a sign of strength.

💜 ADHD Awareness Month is observed each October to increase understanding of Attention-Deficit/Hyperactivity Disorder (ADHD), reduce stigma, and promote support. ADHD can affect attention, organization, impulse control, and daily functioning. Greater awareness and understanding can help individuals with ADHD feel supported, understood, and empowered to thrive.

Warmline Support & Local Resources

New Hampshire Rapid Response Access Point 1-833-710-6477

This helpline offers a central contact center for those facing a mental health or substance use crisis, providing quick, coordinated access to services for individuals and families.

One Peer to Another Warmline Warmline operates 5pm - 10pm 1-800-306-4334

Operates 7-days a week 365/year including holidays. The Warmline is a non-clinical support to keep people connected and supported during difficult times when the centers are closed.

Resources 211

New Hampshire residents can dial 211 for free, confidential help with mental health, substance misuse, and other health and human services. Trained specialists connect callers with the resources they need, thanks to a statewide partnership of nonprofits, government, businesses, and volunteers.

The Substance Abuse and Mental Health Services Administration (SAMHSA) 988

The agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. This service is for individuals and families needing help. You can call or text 988.

One Peer to Another, Laconia

328 Union Ave, Laconia, NH 03246
603-528-7742

Michelle LaDue, Executive Director
Email: michelle@onepeer.org
Chelsea Baker, Program Director
Email: chelsea.baker@onepeer.org

One Peer to Another, Concord

22 Bridge St. Concord, NH 03301
603-224-0894

Chelsea Baker, Program Director
Email: chelsea.baker@onepeer.org
Megan Tappan, Program Coordinator
Email: megan@onepeer.org

Erika Whitcomb, Outreach Specialist
Email: erika@onepeer.org
603-528-7742
