November Calendar

ONE PEER TO ANOTHER-CONCORD

22 BRIDGE ST UNIT !5. CONCORD, NH 03301 (603) 224-0894

MONDAY	TUESDAY	WEDNESDAY
2 10:00am Coffee, Paint & Connect 11:00 Self-Care Tips 12:00 BYOL & Games 1:00 Write & Reflect	3 10:00am Check In 11:00 **Shopping Trip*** 12:00 Laughing Group 2:00 Coping Strategies	4 10:00am Morning Gratitude 11:00am Coloring & Convo 12:00 **Prepare & Share Nutrition Group*** 1:00pm **Community Member Meeting**
9 10:00am Coffee, Paint & Connect 11:00 Self-Care Tips 12:00 BYOL & Games 1:00 Write & Reflect	10 10:00am Check In 11:00 **Shopping Trip*** 12:00 Laughing Group 2:00 Coping Strategies	11 **Veteran's Day Centers Closed** VETERANS DAY November 11th
16 10:00am Coffee, Paint & Connect 11:00 Self-Care Tips 12:00 BYOL & Games 1:00 Write & Reflect	17 10:00am NH Mental Health Peer Alliance* 11:00 **Shopping Trip*** 12:00 Laughing Group 2:00 Coping Strategies	18 10:00am Morning Gratitude 11:00am Coloring & Convo 12:00 **Prepare & Share Nutrition Group*** 2:00pm Check Out
23 10:00am Coffee, Paint & Connect 11:00 Self-Care Tips 12:00 BYOL & Games 1:00 Write & Reflect	24 10:00am Check In 11:00 **Shopping Trip*** 12:00 Laughing Group 2:00 Coping Strategies	25 **Field Trip** **Laconia Center Thanksgiving Dinner**
30 10:00am Coffee, Paint & Connect 11:00 Self-Care Tips 12:00 BYOL & Games 1:00 Write & Reflect	**We Provide FREE Transportation!**	**Community/Member Meeting 11/3 @NOON**

THURSDAY	FRIDAY
5 10:00 Healthy Boundaries 11:00am Ice Breakers 12:00-1:30 **Art & Connection** 2:00pm Check Out	6 10:00am Managing Stress & Anger 11:00am Bracelets & Belonging 12:30 **Friday Film** 2:00 Weekend Ready
12 10:00 Healthy Boundaries 11:00am Ice Breakers 12:00-1:30 **Art & Connection** 2:00pm Check Out	13 10:00am Managing Stress & Anger 11:00am Bracelets & Belonging 12:30 **Friday Film** 2:00 Weekend Ready
19 10:00 Healthy Boundaries 11:00am Ice Breakers 12:00-1:30 **Art & Connection** 2:00pm Check Out	20 10:00am Managing Stress & Anger 11:00am Bracelets & Belonging 12:30 **Friday Film** 2:00 Weekend Ready
26 **Thanksgiving Centers Closed** 	27 **Day after Thanksgiving Centers Closed** 
"You are allowed to be both a masterpiece and a work in progress" 	 *"Our greatest glory is not in never falling, but in rising every time we fall"*

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)