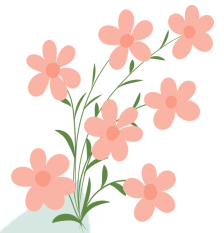




April Calendar



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

MONDAY "April showers, bring May flowers."	TUESDAY "You're allowed to take up space this spring,"	WEDNESDAY 1 10:00am Self Kindness 11:00am Art w/ Mona 1:00pm Progress Punchcard* 2:00 Check Out
6 10:00am Community/Member Meeting 12:00pm Day-After Easter Lunch Social 2:00 Clean Up & Check Out	7 10:00am Check In 11:00 Mindful Journaling 12:00 Bring your own lunch 1:00 Afternoon Movement	8 10:00am Self Kindness 11:00am Art w/ Mona 1:00pm Van Shopping Trip* (call or sign up ahead of time to reserve seat!)
13 10:00am Coffee Hour 11:00am Weekly Goals 12:00pm Bring your own lunch! 1:00pm Meal Planning for the Week 2:00 pm Coloring & Conversation	14 10:00am NH Mental Health Peer Alliance* 11:00 Mindful Journaling 12:00 Lunch Social & Clean Up 2:00 Afternoon Movement	15 10:00am Self Kindness 11:00am Art w/ Mona 1:00pm Progress Punchcard* 2:00 Check Out
20 10:00am Coffee Hour 11:00am Weekly Goals 12:00pm Bring your own lunch! 1:00pm Meal Planning for the Week 2:00 pm Coloring & Conversation	21 10:00am Check In 11:00 Mindful Journaling 12:00 Lunch Social & Clean Up 2:00 Afternoon Movement	22 10:00am Self Kindness 11:00am Art w/ Mona 1:00pm Van Shopping Trip* (call or sign up ahead of time to reserve spot)
27 10:00am Coffee Hour 11:00am Weekly Goals 12:00pm Bring your own lunch! 1:00pm Meal Planning for the Week 2:00 pm Coloring & Conversation	28 10:00am Check In 11:00 Mindful Journaling 12:00 Lunch Social & Clean Up 2:00 Afternoon Movement	29 10:00am Self Kindness 11:00am Art w/ Mona 1:00pm Progress Punchcard* 2:00 Check Out

THURSDAY

FRIDAY

2	<p>10:00am Check In 11:00am Ice Breakers 12:00 Creative Time Management* 2:00pm Laughing Group</p>	3	<p>10:00am Weekend Ready 11:00am Game Time! 12:00pm Positive Affirmations 1:00pm Healthy Relationships 2:00pm Meditation</p>
9	<p>10:00am Check In 11:00am Ice Breakers 12:00 Creative Time Management* 2:00pm Laughing Group</p>	10	<p>10:00am Weekend Ready 11:00am Game Time! 12:00pm Positive Affirmations 1:00pm Healthy Relationships 2:00pm Meditation</p>
16	<p>10:00am Check In 11:00am Ice Breakers 12:00 Creative Time Management* 2:00pm Laughing Group</p>	17	<p>10:00am Weekend Ready 11:00am Game Time! 12:00pm Positive Affirmations 1:00pm Healthy Relationships 2:00pm Meditation</p>
23	<p>10:00am Check In 11:00am Ice Breakers 12:00 Creative Time Management* 2:00pm Laughing Group</p>	24	<p>FIELD TRIP Laverack Trail Hike & Picnic or Meredith Community Center (dependent on weather)</p>
30	<p>10:00am Check In 11:00am Ice Breakers 12:00 Creative Time Management 2:00pm Laughing Group 6:00pm Board Meeting (join via zoom, ask for link)</p>		<p>“Small steps bloom into big changes.”</p>

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:

**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)