

April Newsletter

ONE PEER TO ANOTHER

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April 2025



One Peer to Another wishes you a warm, supporting month of April!

Dear Members and Community,
As we step into the vibrant month of April, we're excited to bring you this edition of our newsletter, filled with updates, information and opportunities for growth and connection.

April is a time for renewal and reflection, and just like the season, our community continues to grow stronger through your support, dedication, and shared experiences. This month, we highlight several new groups and upcoming events designed to empower, uplift, and further strengthen the bond among our members. As always, your voice and contributions are the heart of what makes our peer support agency such a powerful force for change. Whether you're seeking guidance or offering it to others, we encourage you to stay engaged, share your stories, and be part of the continued transformation within our community.

Thank you for the strength, compassion, and resilience you bring to the table each day. Together, we are making a meaningful difference.

Wishing you a wonderful and fulfilling month ahead.

With gratitude,
One Peer to Another

In this newsletter
you can expect:

Local Resources

Upcoming Trips

April
Happenings at
One Peer

April Mental
Health
Awareness

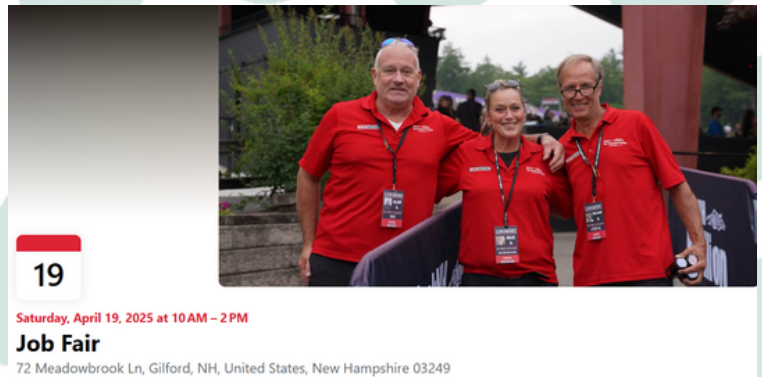
Events in the
Community

One Peer to Another Events

- April 1st- Community/Member Meetings (for your input as members!)
- April - every Wednesday @ 11 Art Group & Shopping Trips
- Every Thursday @ the Laconia Center Jam Session w/Mona and friends 🎸🎵
- Fridays @ 12pm - Basketball/Park Outing
- April 3rd - Centers CLOSED (Staff Professional Development)
- April 7th- Laconia Center CLOSED (for Maintenance)
- April 18th - Easter Celebration @ Both Centers 🐰🐣 (crafts, treats, egg hunt)
- April 25- FIELD TRIPS
Concord- Darbster Doggy-Volunteer Day play w/ the dogs! (sign up by 4/18) 🐕
Laconia- Walk the Laverack Trail in Meredith & Ice Cream Trip 🌲



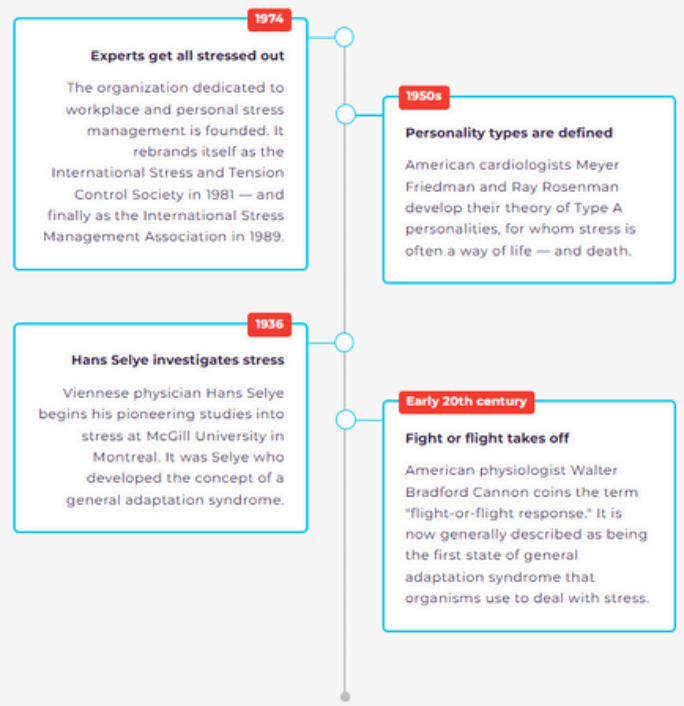
Events in the Community





In honor of Stress Awareness Month this April, we want to remind our community of the importance of managing stress and prioritizing mental well-being. At One Peer to Another we are here to listen, share coping strategies, and provide a safe space for everyone to express their challenges and victories. Together, we can navigate stress in healthy ways, offering support, understanding, and strength to one another. Let's use this month to deepen our connections and focus on mental wellness as a group.

STRESS AWARENESS MONTH TIMELINE



HOW TO OBSERVE STRESS AWARENESS MONTH

1. Practice meditation

One of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet.

2. Exercise

Another way to battle the debilitating effects of stress is to exercise. Whether you're a jogger, bicyclist or just like to take long walks, be sure to get some fresh air and exercise into your daily routine.

3. Visit your doctor

They're really in the best position to get you started on the path to a stress-free lifestyle. Make an appointment today.

Warmline Support & Local Resources

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

This helpline is responsible for a centralized contact center for individuals experiencing a mental health and/or substance use crisis. The contact center consolidates and streamlines access to mental health and substance use disorder services when you need it most. This service is for the individual or family members.

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 to help keep people connected and supported during difficult times when the centers are closed. Our operators are paid peers and not professionals.

Resources 211

Provides help with Mental Health and Substance Misuse it is NH's first statewide, comprehensive, information and referral services. Thanks to a unique coalition of non-profit government, corporate and volunteer partners, New Hampshire residents need only dial 211 to be connected, at no cost, with trained information and Referral Specialists who can help provide them with the health and human service information they need to get help, give help, or discover options.

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.

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WARMLINE: (800) 306-4334, 5-10 pm, 7 days per week
