


ONE PEER TO ANOTHER - CONCORD

244 N. Main St. Concord, NH 03301 | (603) 224-0894

APRIL 2025

IMPORTANT INFORMATION:	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Local Warmline: 1-800-306-4334 Open 5-10 PM 7/365 days For when you need someone to talk to!</p>		<p>1 10a Check In 11a Community/Member Meeting 12p Lunch Social 1p Self Care/Self Love 2p Healthy Eating</p>	<p>2 10a Check In 11a Creative Art 11a Shopping Trip & Budgeting 2p Game Time</p>	<p>3 CENTERS CLOSED for STAFF PROFESSIONAL DEVELOPMENT</p>	<p>4 10a Inner Healing 11a Basketball/Movement Group 1p Movie Time! 1p One to One w/ Peer Support</p>
<p>Local Mental Health Agency: Riverbend Community Health Inc. (603) 715-5060</p>	<p>7 10a Check In 11a TED Talk 12p Let's Move! 1p Wellness Goals 2p Stress Management</p>	<p>8 10a Creative Writing 11a Social Skills 12p Lunch Social 1p Self Care/Self Love 2p Healthy Eating</p>	<p>9 10a TED TALK 11a Creative Art 11a Shopping Trip & Budgeting 1p Coping Skills 2p Game Time</p>	<p>10 10a Life Skills 11a Morning Jam Session 12p Meal Planning 1p Icebreakers 2p Laughing Group</p>	<p>11 10a Inner Healing 11a Basketball/Movement Group 1p Movie Time! 1p One to One w/ Peer Support</p>
<p>CALL OR TEXT 988 24/7/365 days For when you are in crisis, feeling suicidal, or need professional assistance!</p>	<p>14 10a Check In 11a TED Talk 12p Let's Move! 1p Wellness Goals 2p Stress Management</p>	<p>15 10a Creative Writing 11a Social Skills 12p Lunch Social 1p Self Care/Self Love 2p Healthy Eating</p>	<p>16 10a NH Navigators (Via Zoom) 11a Creative Art 11a Shopping Trip & Budgeting 1p Coping Skills 2p Game Time</p>	<p>17 10a Life Skills 11a Morning Jam Session 12p Meal Planning 1p Icebreakers 2p Laughing Group</p>	<p>18 EASTER PARTY 🐰🐣 -Arts & Crafts -Easter goodies & snacks</p>
<p>Funding for Peer Support Agencies comes from the: NH Department of Health and Human Services (DHHS) & the Substance Abuse & Mental Health Services Administration (SAMHSA)</p>	<p>21 10a Check In 11a TED Talk 12p Let's Move! 1p Wellness Goals 2p Stress Management</p>	<p>22 10a Creative Writing 11a Social Skills 12p Lunch Social 1p Self Care/Self Love 2p Healthy Eating</p>	<p>23 10a TED TALK 11a Creative Art 11a Shopping Trip & Budgeting 1p Coping Skills 2p Game Time</p>	<p>24 10a Life Skills 11a Morning Jam Session 12p Meal Planning 1p Icebreakers 2p Laughing Group</p>	<p>25 FIELD TRIP Darbster Doggy-Volunteer Day play w/ the dogs! 🐶🐕</p>
	<p>28 10a Check In 11a TED Talk 12p Let's Move! 1p Wellness Goals 2p Stress Management</p>	<p>29 10a Creative Writing 11a Social Skills 12p Lunch Social 1p Self Care/Self Love 2p Healthy Eating</p>	<p>30 10a TED TALK 11a Creative Art 11a Shopping Trip & Budgeting 1p Coping Skills 2p Game Time</p>		