



# ONE PEER TO ANOTHER - LACONIA

328 Union Ave. Laconia, NH 03246 | (603) 528-7742

APRIL 2025

IMPORTANT INFORMATION:	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Local Warmline:</b> 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 <b>Community/Member Meeting</b> 12p <b>Crockpot Social</b> 1p Self Care/Self Love 2p Healthy Eating</p>	<p>2 10a Check In 11a Art w/ Mona 11a Shopping Trip &amp; Budgeting 2p Game Time</p>	<p>3 <b>CENTERS CLOSED for STAFF PROFESSIONAL DEVELOPMENT</b></p>	<p>4 10a Inner Healing 11a All About Music 12p Basketball/Movement Group 1p Movie Time! 1p <b>One to One w/ Peer Support</b></p>
<p><b>Local Mental Health Agency:</b> Lakes Region Mental Health Center (603) 524-1100</p> <p>CALL OR TEXT 988</p> <p>24/7/365 days For when you are in crisis, feeling suicidal, or need professional assistance!</p> <p>Funding for Peer Support Agencies comes from the: NH Department of Health and Human Services (DHHS) &amp; the Substance Abuse &amp; Mental Health Services Administration (SAMHSA)</p>	<p>7 <b>CENTER CLOSED For Maintenance</b> </p>	<p>8 10a Creative Writing 11a Social Skills 12p <b>Crockpot Social</b> 1p Self Care/Self Love 2p Healthy Eating</p>	<p>9 10a TED TALK 11a Art with Mona 11a Shopping Trip &amp; Budgeting 1p Coping Skills 2p Game Time</p>	<p>10 10a Check In 11a <b>Morning Jam Session</b> 12p Meal Planning 1p Icebreakers 2p Laughing Group</p>	<p>11 10a Inner Healing 11a All About Music 12p Basketball/Movement Group 1p Movie Time! 1p <b>One to One w/ Peer Support</b></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 <b>Crockpot Social</b> 1p Self Care/Self Love 2p Healthy Eating</p>	<p>16 10a <b>NH Navigators (Via Zoom)</b> 11a Art with Mona 11a Shopping Trip &amp; Budgeting 1p Coping Skills 2p Game Time</p>	<p>17 10a Check In 11a <b>Morning Jam Session</b> 12p Meal Planning 1p Icebreakers 2p Laughing Group</p>	<p>18 <b>EASTER PARTY</b> 🐰🥚 -Easter egg hunt -Arts &amp; Crafts -Easter goodies &amp; snacks</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 <b>Crockpot Social</b> 1p Self Care/Self Love 2p Healthy Eating</p>	<p>23 10a TED TALK 11a Art with Mona 11a Shopping Trip &amp; Budgeting 1p Coping Skills 2p Game Time</p>	<p>24 10a Check In 11a <b>Morning Jam Session</b> 12p Meal Planning 1p Icebreakers 2p Laughing Group</p>	<p>25 <b>FIELD TRIP</b> <b>Laverack Trail Hike &amp; Ice Cream Trip</b> 🌲🍃🍦🍦</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 <b>Crockpot Social</b> 1p Self Care/Self Love 2p Healthy Eating</p>	<p>30 10a TED TALK 11a Art with Mona 11a Shopping Trip &amp; Budgeting 1p Coping Skills 2p Game Time</p>		