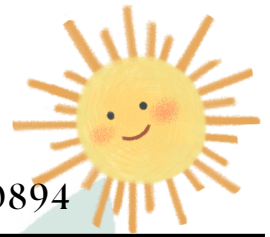




August Calendar

ONE PEER TO ANOTHER-CONCORD

22 BRIDGE ST UNIT 15, CONCORD, NH 03301 (603) 224-0894



MONDAY 3 10:00am Coffee Hour 11:00 Weekly Goals 12:00pm BYOL 1:00 Coloring & Conversation	TUESDAY 4 10:00 Morning Meditation 11:00 Healthy Eating 12:00 Lunch Social & Community/Member Meeting 🌮🥗 2:00 Check Out	WEDNESDAY 5 10:00am Gratitude 11:00am Mindful Journaling 12:00pm Downtown w/Peers* 2:00 Wellbeing Group
10 10:00am Coffee Hour 11:00 Weekly Goals 12:00pm BYOL 1:00 Coloring & Conversation	11 Professional Development Day CENTERS CLOSED 🏠	12 10:00am Gratitude 11:00am Mindful Journaling 12:00pm Downtown w/Peers* 2:00 Wellbeing Group
17 10:00am Coffee Hour 11:00 Weekly Goals 12:00pm BYOL 1:00 Coloring & Conversation	18 10:00 Meditation 11:00 Healthy Eating 12:00 Lunch Social 🌮🥗 1:00pm Dental Hygiene w. Gail Brown from the NH Oral Health Coalition* 🦷🪄	19 10:00am Gratitude 11:00am Mindful Journaling 12:00pm Downtown w/Peers* 2:00 Wellbeing Group
24 10:00am Coffee Hour 11:00 Weekly Goals 12:00pm BYOL 1:00 Coloring & Conversation	25 10:00am NH Mental Health Peer Alliance* 11:00 Healthy Eating 12:00 Lunch Social & Clean Up 🌮🥗 2:00 Check Out	26 10:00am Gratitude 11:00am Mindful Journaling 12:00pm Downtown w/Peers* 2:00 Wellbeing Group
31 10:00am Coffee Hour 11:00 Weekly Goals 12:00pm BYOL 1:00 Coloring & Conversation	Community/Member Meeting 8/4 @NOON	Board Meeting 8/27 @6pm

THURSDAY

FRIDAY

6 10:00am Self Care 11:00am Ice Breakers 12:00pm Art w/Cheryl 2:00pm Check Out	7 10:00am Weekend Ready 11:00am Game Time! 12:00pm Skills for Success* 1:00pm Friday Film
13 10:00am Self Care 11:00am Ice Breakers 12:00pm Art w/Cheryl 2:00pm Check Out	14 10:00am Weekend Ready 11:00am Game Time! 12:00pm Skills for Success* 1:00pm Friday Film
20 10:00am Self Care 11:00am Ice Breakers 12:00pm Art w/Cheryl 2:00pm Check Out	21 Blueberry Picking @ Gould Hill Farm (for rides sign up by 8/14) 
27 10:00am Self Care 11:00am Ice Breakers 12:00pm Art w/Cheryl 2:00pm Check Out	28 10:00am Weekend Ready 11:00am Game Time! 12:00pm Skills for Success* 1:00pm Friday Film
"August is the Sunday of summer-slow down, soak it in, and savor every moment"	August Reminder: Take a moment this month to celebrate how far you've come. Every healthy choice, every difficult conversation, and every day of perseverance is worth recognizing.

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)