



August Calendar

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

MONDAY 3 10:00am Coffee Hour 11:00 Weekly Goals* 12:00pm BYOL 1:00 Happy Little Painters 🎨	TUESDAY 4 10:00 AM Movement 11:00 Mindful Journaling 12:00 Lunch Social & Community/Member Meeting 🌮 🥗 2:00pm Check Out	WEDNESDAY 5 10:00am Morning Reset 11:00am Art w/ Mona 🎨 & BYOL 1:00pm Van Shopping Trip sign up by 7/31*
10 10:00am Coffee Hour 11:00 Weekly GOALS* 12:00pm BYOL 1:00 Happy Little Painters 🎨	11 Professional Development Day CENTERS CLOSED 🏠	12 10:00am Morning Reset 11:00am Art w/ Mona 🎨 & BYOL 1:00pm Music for Wellness* 2:00 Healthy Boundaries
17 10:00am Coffee Hour 11:00 Weekly GOALS* 12:00pm BYOL 1:00 Happy Little Painters 🎨	18 10:00am Morning Movement 11:00 Mindful Journaling 12:00 Lunch Social & Clean Up 🌮 🥗 2:00 Check Out	19 10:00am Morning Reset 11:00am Art w/ Mona 🎨 1:00pm Dental Hygiene w. Gail Brown from the NH Oral Health Coalition* 🦷 🪥
24 10:00am Coffee Hour 11:00 Weekly GOALS* 12:00pm BYOL 1:00 Happy Little Painters 🎨	25 10:00am NH Mental Health Peer Alliance* 11:00 Mindful Journaling 12:00 Lunch Social & Clean Up 🌮 🥗 2:00 Check Out	26 10:00am Morning Reset 11:00am Art w/ Mona 🎨 & BYOL 1:00pm Music for Wellness* 2:00 Healthy Boundaries
31 10:00am Coffee Hour 11:00 Weekly GOALS* 12:00pm BYOL 1:00 Happy Little Painters 🎨	Community/Member Meeting 8/4 @NOON	Board Meeting 8/27 @6pm

THURSDAY

FRIDAY

6 10:00 Check In 11:00am Ice Breakers 12:00pm BYOL & BINGO 2:00pm Gratitude	7 10:00am Weekend Ready 11:00am Connecting Outdoors 1:00 Downtown with Peers*
13 10:00 Check In 11:00am Ice Breakers 12:00pm BYOL & BINGO 2:00pm Gratitude	14 10:00am Weekend Ready 11:00am Connecting Outdoors 1:00 Downtown with Peers*
20 10:00 Check In 11:00am Ice Breakers 12:00pm BYOL & BINGO 2:00pm Gratitude	21 Ellacoya State Park  Bring what you need for the beach! sign up by 8/14!
27 10:00 Check In 11:00am Ice Breakers 12:00pm BYOL & BINGO 2:00pm Gratitude	28 10:00am Weekend Ready 11:00am Connecting Outdoors 12:00 Tie Dye Day bring any white you'd like to Tie Dye!
"August is the Sunday of summer-slow down, soak it in, and savor every moment"	"Take a moment to recognize how far you've come."

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)**