

# August Newsletter

## ONE PEER TO ANOTHER



August 2025

One Peer to Another can't believe it's already August! As the weather is heating up, we hope you find One Peer a comfortable place to feel at ease and heard within your journey.

*Dear Friends & Members,*  
As we welcome August 2025, we're delighted to bring you the latest updates from One Peer to Another!

### What We Offer

*One Peer to Another, provides services grounded in trust, empathy, and lived experience. We offer:*

- *One-on-one peer support both face-to-face and by phone*
- *Outreach and daily wellness programming*
- *Support groups, community education, and after-hours warmline*

### Coming in August

- *Monthly Field Trips- Sewell's Falls-Concord & Bond Beach-Laconia*
- *Q&A from NH Hospital with Debbie Robinson 8/29*
- *Navigating Local Resources Presentations- 8/6 in Concord @11am & 8/11 @11 in Laconia*
- *#Oral Health Matters in Laconia 1pm on 8/20*
- *Arts & Crafts with Mona in Laconia every Wednesday @11*
- *Uplifting Book Group in Concord*

### Voices That Inspire

*Our peer supporters are at the heart of what we do. Through empathetic listening, grounded lived experience, and unwavering support, they help individuals navigate personal recovery and build hope. Together, we work to dismantle stigma, challenge isolation, and affirm that recovery is possible.*

*Wishing you a peaceful, supportive, and hopeful August.*  
*Warmly,*  
*One Peer to Another*

In this newsletter you can expect:

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Events at One Peer to Another

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Recent Happenings @ the Centers

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Local Resources

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Contact Info for our Staff at One Peer

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Events in the Community

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## One Peer to Another August Events

- August 4th- Community/Member Meetings (for your input as members!)
- August 6<sup>th</sup>- @11 in Concord- Navigating Resources w/ Danielle & August 11<sup>th</sup> in Laconia @ 11am
- Every Tuesday @ 1 in Laconia- Recovery Conversations
- Book Group in Concord @ 1pm every Thursday
- Every Wednesday @ Laconia Center @ 11 Art w/Mona
- August 6th-Budgeting & Shopping Trip in Laconia 11am
- August 20th-Budgeting & Shopping Trip in Concord 11am
- Every Tuesday Community Lunch!
- Field Trip for Concord Center- Sewell's Falls & Ice Cream 🍦
- Field Trip for Laconia Center- Bond Beach in Laconia (pack a lunch!)
- Board Meeting August 28<sup>th</sup> @ 6pm- Call for link if interested in joining via Zoom!
- August 20<sup>th</sup>- Oral Health Presentation in Laconia @1pm
- August 29<sup>th</sup>- Q&A w/ NH Hospital in Laconia @ 11am



## Recent Happenings @ One Peer

### FIELD TRIP TO ELLACOYA STATE PARK W/CONCORD & LACONIA MEMBERS





# Events in the Community



**ONE BIG FAMILY**  
DRIVEN BY HOPE

Rotary Park, Laconia @ 1-4pm

**INTERNATIONAL OVERDOSE AWARENESS DAY**  
AUGUST 31, 2025

 

Scan the QR code to purchase this year's tank tops, t-shirts, and sweatshirts before the event!




**SUMMER FOOD DRIVE**  
August 1<sup>st</sup> - August 31<sup>st</sup>, 2025

Drop off Location  
Community Action Program Belknap-Merrimack Counties  
Laconia Area Resource Center  
522 Main St. Laconia  
Monday-Friday 9am-4pm

**Items Needed**

|             |                |
|-------------|----------------|
| Cereal      | Tuna           |
| Rice        | Canned goods   |
| Kids Snacks | Instant Coffee |
| Bread       | Dog/Cat Food   |
| Jelly       |                |

**Questions? Contact**  
Asheena Miller  
603-848-4307

[www.capbm.org](http://www.capbm.org)

**ARCHWAYS**  
COMMUNITY RESOURCE CENTERS

**Artful Gatherings**

Join us for a free, recovery-friendly painting event!

You will be guided through the painting process by a local artist. All supplies, snacks, and refreshments provided!

Create, connect, and take home your own masterpiece!

Archways  
Plymouth Center  
57 D Main St,  
Plymouth, NH  
03264

**REGISTRATION REQUIRED**  
Use the following QR code or link to register today!

<https://www.archways.org/locations/plymouth-center>

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| <br><b>MAY 2025</b><br>TUESDAY 5/27 @ 4:00PM  | <br><b>AUGUST 2025</b><br>TUESDAY 8/26 @ 4:00PM    |
| <br><b>JUNE 2025</b><br>TUESDAY 6/24 @ 4:00PM | <br><b>SEPTEMBER 2025</b><br>TUESDAY 9/23 @ 4:00PM |
| <br><b>JULY 2025</b><br>TUESDAY 7/29 @ 4:00PM | <br><b>OCTOBER 2025</b><br>TUESDAY 10/28 @ 4:00PM  |

Interested in helping events like Artful Gatherings? Just scan the QR code to make a donation, helping us to continue providing more experiences like this for our community.

**FOOD TRUCK FESTIVAL**  
SATURDAY, AUGUST 23  
ROLLINS PARK • CONCORD, NEW HAMPSHIRE  
10 AM TO 3 PM  
LIVE MUSIC • ART SHOW • VENDORS & MORE!

**ALL HAPPENING AT THE BARK IN THE PARK MARKET & EXPO**

HOSTED BY FRANKLIN  
PARTNERS IN PREVENTION  
@ ODELL PARK IN  
FRANKLIN 125 MEMORIAL  
ST.

**2025 NATIONAL NIGHT Out**  
POLICE • COMMUNITY PARTNERSHIPS

**Franklin National Night Out**  
Tuesday, August 5<sup>th</sup> 2025

  

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## **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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**One Peer to Another, Laconia**

328 Union Ave, Laconia, NH 03246

603-528-7742

Michelle LaDue, Executive Director

Email: [michelle@onepeer.org](mailto:michelle@onepeer.org)

Chelsea Baker, Program Director

Email: [chelsea.baker@onepeer.org](mailto:chelsea.baker@onepeer.org)

**One Peer to Another, Concord**

244 N. Main Street, Concord, NH 03301

603-224-0894

Michelle LaDue, Executive Director

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**One Peer to Another, Pemi Valley**

Cindy Robinson

603.412.7050

Email: [cindy@onepeer.org](mailto:cindy@onepeer.org)

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

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