

August Newsletter

ONE PEER TO ANOTHER

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August 2026



In this newsletter you can expect:

August Events at One Peer to Another

Events in the Community

Local Resources

Contact Info for our Staff at One Peer

Mental Health Awareness in August

Dear Readers,

As summer continues, August offers an opportunity to pause and focus on what helps us stay well and connected. This month, we recognize National Wellness Month, a reminder that wellness is about caring for ourselves in all the ways; emotionally, mentally, physically, socially, and spiritually. Whether it's spending time outdoors, connecting with others, practicing self-care, or taking a moment to reflect, every positive step contributes to our overall well-being.

In August, we also celebrate those we have lost to overdose on International Overdose Awareness Day on August 31st by remembering those that have passed, support individuals and families impacted by substance use, and try to show our commitment to reducing stigma, promoting education, and celebrating the hope that recovery is possible.

At One Peer to Another, we believe that healing happens through connection. Peer support reminds us that no one has to face life's challenges alone. Every conversation, every act of kindness, and every shared experience have the power to inspire hope and make a difference.

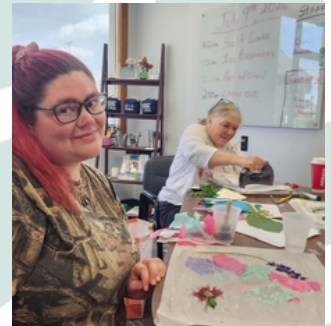
As you read this month's newsletter, we encourage you to take time for yourself, reach out to someone who may need support, and celebrate the progress you've made. Thank you for allowing us to be part of your journey and for being part of a community built on compassion, resilience, and hope. We wish you a healthy, safe, and well August.

*With gratitude,
The One Peer to Another Team*

One Peer to Another August Events

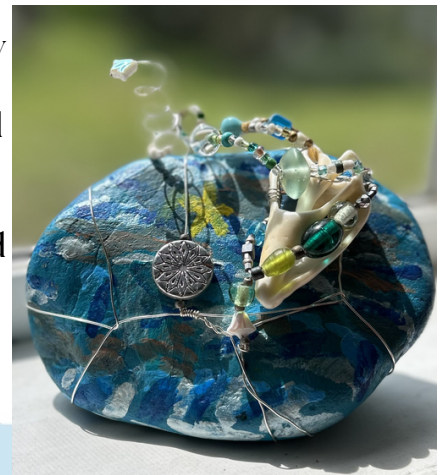
Recent Happenings @ One Peer

- August 4th- **12pm Community/Member Meeting & Lunch Social** 🍴🍔
- August 11th- **Professional Development Day-CENTERS CLOSED**
- Every Tuesday @12 - Lunch Social 🍴
- Every Wednesday @ Laconia Center @ 11 Art w/Mona 🎨
- Every Wednesday in Concord @ 1pm Downtown w/Peers 🚶🚶 Every Friday in Laconia @ 1pm 🛍️👟
- Lunch & Learn w/Gail Brown from the NH Oral Health Coalition @1pm Concord 8/18 & Laconia 8/19 🖋️📄
- Art w/Cheryl in Concord @ 1pm every Thursday 🎨
- August 18th- 10AM NH Mental Health Peer Alliance (via Zoom)
- August 21st- Concord **FIELD TRIP** to Gould Hill Farm Blueberry Picking (sign up by 8/14 for rides) 🍷🌿
- August 21st- Laconia **FIELD TRIP** to Ellacoya State Park 🌲🚶🛒 (sign up by 8/14 for rides)
- August 28th- **Laconia Center @ 12:00 Tie Dye Day** (bring any white you'd like to Tie Dye) sign up for rides by 8/21 🌈🌟
- August 27th- **Board of Directors Meeting at 6pm** (call for link)



In Remembrance of... Edie

We remember our dear friend and creativity group participant, Edith ("Edie"), who recently passed away. During what none of us knew would be her final group session, Edie painted an ocean-themed rock and was excited to return the following week to transform it into a beautiful "Tree of Life" using wire, beads, and charms. In her memory, Mona lovingly completed the piece as a tribute to Edie's creativity and spirit. We hope she would have loved the finished artwork as much as we do. Edie will be remembered with great fondness and deeply missed by all who knew her.



Events in the Community

All About Recovery
A 12-STEP MEETING FOR RECOVERY FROM ALL SUBSTANCES

1 hr meeting
Free & Open to the Public

Tuesday's 7:00 PM
102 Court Street
Laconia NH 03246

FREE Pizza generously provided by **South End PIZZA**

For More Information: (603) 524-5939

NAVIGATING RECOVERY of THE LAKES REGION

CONCORD FARMERS' MARKET

Capitol St. Saturdays 9:30 - Noon May thru October

International Overdose Awareness Day
A PENNINGTON INSTITUTE INITIATIVE

NAVIGATING RECOVERY of THE LAKES REGION

WE REMEMBER. WE SUPPORT. WE ACT.

STILL NEEDED

Hope. Support. Remember.

International Overdose Awareness Day is a time to come together as a community to remember those we've lost, support those still struggling, and inspire hope for the future.

AUGUST 31, 2026
5:00 - 7:00 PM
ROTARY PARK
LACONIA, NH

#EndOverdose

NAVIGATINGRECOVERY.ORG

The MARKET AT WEIRS
LOCAL PRODUCTS

Saturdays, May-October. 10 AM - 1 PM
49 Lucerne Ave. At The Weirs Community Park

TEEN CERT
COMMUNITY EMERGENCY RESPONSE TEAM

SUMMER CAMP

FIRE SAFETY - DISASTER PREPAREDNESS - FIRST AID - LEADERSHIP & TEAMWORK

REGISTER TODAY
WWW.PPHNH.ORG/EVENTS

\$45 PERSON Aug. 11th - 13th

SCHOLARSHIPS AVAILABLE. CONTACT HSTANLEY@PPHNH.ORG FOR MORE INFO

Bessie Rowell Community Center
12 Rowell Dr. Franklin, NH 03235

PARTNERSHIP FOR PUBLIC HEALTH

Any & Every Body Forest Therapy
for those carrying any grief and loss

Every Tuesday 10am - 12pm
Prescott Farm Nature Trails
Gentle, Safe, Connected
Come feel what nature has to offer

QR CODE

Bark in the Park
WAG AROUND THE WORLD FESTIVAL
Presenting Sponsors: vca

ITALY, JAPAN, MEXICO, BRAZIL, GREECE, USA

Grab Your PAWSPORT to Fun!

Saturday, August 22 • 11AM-4PM Rollins Park • Concord, NH

Concord Arts Market

ARTS in the Park
ROLLINS PARK 10AM - 3PM

2026 EVENTS

DOWNTOWN Markets FIRST FRIDAYS
JUN 6, JUL 11, AUG 8, SEP 12, OCT 10

MARKET DAYS Festival
MAY 1, NOV 6, JUN 25-27

and more to be announced soon
Subscribe for updates

ConcordArtsMarket.org

Playgroups for Children

Come Play with Us!

Giggles & Grins, Happy Sounds & Traveling Playgroup are designed for children ages birth to 5 years old. Older siblings may be allowed if there is space.

All playgroups are free and drop-in (no pre-registration required).

Caregivers must attend groups with their children and supervise them at all times. For more information, call Carol at (603) 581-1565 or email carol.stancu@lrcr.org

Giggles & Grins Playgroup
Tuesdays & Fridays from 9:00-11:00am at our Main Office, 719 North Main St. Laconia
A free, inclusive community playgroup that provides children from birth to age 5 with the opportunity to play and develop critical social-emotional skills. Families have the chance to share parenting ideas and concerns, establish friendships, and decrease isolation.

Happy Sounds Music Group
Wednesdays 9:00-9:45am at our Main Office, 719 North Main St. Laconia
A free, weekly class where caregiver and child participate together in movement and rhythm activities set to music. A great opportunity for building social skills while enjoying all of the physical, emotional, & intellectual benefits that interaction with music can bring.

Traveling Playgroup
Thursdays 9:00-10:00am at Tariff Park on Crescent St. in Laconia (weather permitting)
Traveling Playgroup is a safe, weekly opportunity for young children & caregivers to socialize and exercise outside with other children & families.

Into the Wild! Infant/Toddler Forest Playgroup
For children ages birth to 36 months with a parent/caregiver
Meets the first Monday of each month from 10-11:30am
Held outdoors at Prescott Farm Environmental Center, 928 White Oaks Rd. Laconia
Experience the importance of nature immersion and open-ended play. This playgroup provides opportunities to encourage experimentation, discovery and curiosity through child-driven play.

SAVE THE DATE
44TH ANNUAL HOT AIR BALLOON RALLY
July 31 - August 2, 2026

44th ANNUAL HOT AIR BALLOON RALLY

August Awareness Events



On August 31, we recognize International Overdose Awareness Day, a time to remember those we have lost to overdose, support grieving families and loved ones, and stand together to reduce the stigma surrounding substance use. This day also highlights the importance of overdose prevention, education, harm reduction, and access to treatment and recovery support. Together, we can honor every life, raise awareness, and inspire hope that recovery is possible.



It's time to focus on the habits and practices that support our overall well-being.

Wellness is more than physical health, it also includes our mental, emotional, social, and spiritual wellness.

At One Peer to Another, we know that wellness looks different for everyone. For some, it may mean spending time outdoors, practicing mindfulness, connecting with friends or family, or getting enough rest. There is no one-size-fits-all approach to wellness, and every positive choice matters.

Peer support reminds us that we don't have to face life's challenges alone. Reaching out for support, sharing our experiences, and encouraging one another are all important parts of maintaining wellness. This month, we encourage you to take time to reflect on what helps you feel your best and to make self-care a priority.

Warmline Support & Local Resources

New Hampshire Rapid Response Access Point 1-833-710-6477

This helpline offers a central contact center for those facing a mental health or substance use crisis, providing quick, coordinated access to services for individuals and families.

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 a non-clinical support to keep people connected and supported during difficult times when the centers are closed.

Resources 211

New Hampshire residents can dial 211 for free, confidential help with mental health, substance misuse, and other health and human services. Trained specialists connect callers with the resources they need, thanks to a statewide partnership of nonprofits, government, businesses, and volunteers.

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.

One Peer to Another, Laconia

328 Union Ave, Laconia, NH 03246
603-528-7742

Michelle LaDue, Executive Director

Email: michelle@onepeer.org

Chelsea Baker, Program Director

Email: chelsea.baker@onepeer.org

One Peer to Another, Concord

22 Bridge St. Concord, NH 03301
603-224-0894

Chelsea Baker, Program Director

Email: chelsea.baker@onepeer.org

Megan Tappan, Program Coordinator

Email: megan@onepeer.org

Erika Whitcomb, Outreach Specialist

Email: erika@onepeer.org

603-528-7742
