



ONE PEER TO ANOTHER - LACONIA

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

AUGUST 2025

<p>IMPORTANT INFORMATION:</p> <p><u>Local Warmline:</u> 1-800-306-4334 Open 5–10 PM 7/365 days For when you need someone to talk to!</p> <hr/> <p><u>Local Mental Health Agency:</u> Lakes Region Mental Health Center (603) 524-1100</p> <p>CALL OR TEXT 988 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) & the Substance Abuse & Mental Health Services Administration (SAMHSA)</p> 	Monday	Tuesday	Wednesday	Thursday	Friday
					1 10a Check In 11a Journaling 12p Bring your own Lunch! 1p Wellness in Motion
	4 10a Community/Member Meeting 11a Walk & Talk 12p Healthy Eating 1p Goals for the week 2p Check Out	5 10a Check In 11a Cooking Lessons 12p Lunch Social 1p Member Driven Group 2p Game Time!	6 10a Meal Planning 11a Art w/Mona 11a Shopping Trip & Budgeting * 1p Recovery Conversations 2p Practicing Gratitude	7 10a Check In 11a Breaking Habits 12p Ice Breakers 1p Personal Values 2p Laughing Group	8 10a End of week Check-In 11a Journaling 12p Bring your own Lunch! 1p Wellness in Motion
	11 10a Meditation 11a Navigating Local Resources* 1p Goals for the week 2p Check Out	12 10a Check In 11a Cooking Lessons 12p Lunch Social 1p Member Driven Group 2p Game Time!	13 10a Meal Planning 11a Art w/Mona 1p Recovery Conversations 2p Practicing Gratitude	14 10a Check In 11a Breaking Habits 12p Ice Breakers 1p Personal Values 2p Laughing Group	15 10a End of week Check-In 11a Journaling 12p Bring your own Lunch! 1p Wellness in Motion
	18 10a Meditation 11a Walk & Talk 12p Healthy Eating 1p Goals for the week 2p Check Out	19 10a Check In 11a Cooking Lessons 12p Lunch Social 1p Member Driven Group 2p Game Time!	20 10a Meal Planning 11a Art w/Mona 1p #Oral Health Matters Gail Brown, MSW, JD* 2p Practicing Gratitude	21 10a Check In 11a Breaking Habits 12p Ice Breakers 1p Personal Values 2p Laughing Group	22 FIELD TRIP- Bond Beach in Laconia (pack a lunch!) 
	25 10a Meditation 11a Walk & Talk 12p Healthy Eating 1p Goals for the week 2p Check Out	26 10a Check In 11a Cooking Lessons 12p Lunch Social 1p Member Driven Group 2p Game Time!	27 10a Meal Planning 11a Art w/Mona 1p Recovery Conversations 2p Practicing Gratitude	28 10a Check In 11a Breaking Habits 12p Ice Breakers 1p Personal Values 2p Laughing Group 6p- Board Meeting via Zoom	29 10a End of week Check-In 11a Q & A w/ NH Hospital-Debbie Robinson * 1p Wellness in Motion