

April Calendar

ONE PEER TO ANOTHER-CONCORD

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



<p>MONDAY</p> <p>"April showers, bring May flowers."</p>	<p>TUESDAY</p> <p>"You're allowed to take up space this spring"</p>	<p>WEDNESDAY</p> <p>1</p> <p>10:00am Meditation 11:00am Mindful Journaling 12:00pm Downtown w/Peers* 2:00 Check Out</p>
<p>6</p> <p>10:00am Coffee Hour & Community/Member Meeting 11:00am Weekly Goals 12:00pm Day After Easter Lunch Social 2:00 pm Clean Up & Check Out</p>	<p>7</p> <p>10:00am Check In 11:00am Music Trivia 12:00 Bring your own Lunch 1:00pm Share & Connect</p>	<p>8</p> <p>10:00am Meditation 11:00am Mindful Journaling 12:00pm Downtown w/Peers* 2:00 Check Out</p>
<p>13</p> <p>10:00am Coffee Hour 11:00am Weekly Goals 12:00pm Bring your own lunch! 1:00pm Ice Breakers 2:00 pm Coloring & Conversation</p>	<p>14</p> <p>10:00am NH Mental Health Peer Alliance* 11:00 Music Trivia 12:00 Lunch Social & Clean Up 2:00 Share & Connect</p>	<p>15</p> <p>10:00am Meditation 11:00am Mindful Journaling 12:00pm Downtown w/Peers* 2:00 Check Out</p>
<p>20</p> <p>10:00am Coffee Hour 11:00am Weekly Goals 12:00pm Bring your own lunch! 1:00pm Ice Breakers 2:00 pm Coloring & Conversation</p>	<p>21</p> <p>10:00am Check In 11:00am Music Trivia 12:00 Lunch Social & Clean Up 2:00 Share & Connect</p>	<p>22</p> <p>10:00am Meditation 11:00am Mindful Journaling 12:00pm Downtown w/Peers* 2:00 Check Out</p>
<p>27</p> <p>10:00am Coffee Hour 11:00am Weekly Goals 12:00pm Bring your own lunch! 1:00pm Ice Breakers 2:00 pm Coloring & Conversation</p>	<p>28</p> <p>10:00am Check In 11:00am Music Trivia 12:00 Lunch Social & Clean Up 2:00 Share & Connect</p>	<p>29</p> <p>10:00am Meditation 11:00am Mindful Journaling 12:00pm Downtown w/Peers* 2:00 Check Out</p>

THURSDAY

FRIDAY

2	<p>10:00am Check In 11:00am Healthy Habits 12:00pm Self-Advocacy* 1:00 Art w/ Cheryl</p>	3	<p>10:00am Weekend Ready 11:00am Gratitude 12:00pm Game Time! 1:00pm Wellness in Motion</p>
9	<p>10:00am Check In 11:00am Healthy Habits 12:00pm Self-Advocacy* 1:00 Art w/ Cheryl</p>	10	<p>10:00am Weekend Ready 11:00am Gratitude 12:00pm Game Time! 1:00pm Wellness in Motion</p>
16	<p>10:00am Check In 11:00am Healthy Habits 12:00pm Self-Advocacy* 1:00 Art w/ Cheryl</p>	17	<p>10:00am Weekend Ready 11:00am Gratitude 12:00pm Game Time! 1:00pm Wellness in Motion</p>
23	<p>10:00am Check In 11:00am Healthy Habits 12:00pm Self-Advocacy* 1:00 Art w/ Cheryl</p>	24	<p>FIELD TRIP Laverack Trail Hike & Picnic or Meredith Community Center (dependent on weather)</p>
30	<p>10:00am Check In 11:00am Healthy Habits 12:00pm Self-Advocacy* 1:00 Art w/ Cheryl</p>		<p><i>“Small steps bloom into big changes.”</i></p>

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)