



ONE PEER TO ANOTHER - CONCORD

244 North Main St. Concord, NH 03301 | (603) 224-0894

SEPTEMBER 2024

IMPORTANT INFORMATION:	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Local Warmline: 1-800-306-4334 Open 5-10 PM 7/365 days For when you need someone to talk to!</p>	<p style="text-align: right;">2</p> <p style="text-align: center;">CLOSED for LABOR DAY</p>	<p style="text-align: right;">3</p> <p>10a Inspirational Stories 11a Gratitude 12p Journaling 1p Self Care 2p Walk & Talk 5-6:30 Recovery Group (Concord Center)</p>	<p style="text-align: right;">4</p> <p>10a TED TALK 11a Patterns & Behaviors 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p>	<p style="text-align: right;">5</p> <p>10a SMART GOALS 11a Empathy 12p Creative Writing 1p Rock Painting 2p Laughing Group 5-6:30 Recovery Group (Laconia center)</p>	<p style="text-align: right;">6</p> <p>10a Self Kindness 11a Healthy Relationships 12p Music Trivia 1p Smoothie and Movie</p>
<p>Local Mental Health Agency: Riverbend Community Mental Health Inc. (603) 715-5060</p>	<p style="text-align: right;">9</p> <p>10a Community/Member Meeting 11a Creative Art & Talk 12p Let's Move! 1p Rock Painting 2p Stress Management</p>	<p style="text-align: right;">10</p> <p>10a Inspirational Stories 11a Gratitude 12p Journaling 1p Self Care 2p Walk & Talk 5-6:30 Recovery Group (Concord Center)</p>	<p style="text-align: right;">11</p> <p>10a TED TALK 11a Patterns & Behaviors 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p>	<p style="text-align: right;">12</p> <p>10a SMART GOALS 11a Empathy 12p Creative Writing 1p Rock Painting 2p Laughing Group 5-6:30 Recovery Group (Laconia center)</p>	<p style="text-align: right;">13</p> <p>10a Self Kindness 11a Healthy Relationships 12p Music Trivia 1p Positive Affirmations 2p Socialization Skills</p>
<p>CALL OR TEXT 988 24/7/365 days For when you are in crisis, feeling suicidal, or need professional assistance!</p>	<p style="text-align: right;">16</p> <p>10a How was your weekend? 11a Creative Art & Talk 12p Let's Move! 1p Rock Painting 2p Stress Management</p>	<p style="text-align: right;">17</p> <p>10a NHMHPA Meeting (join with Zoom @ centers) 12p Journaling 1p Self Care 2p Walk & Talk 5-6:30 Recovery Group (Concord Center)</p>	<p style="text-align: right;">18</p> <p>10a TED TALK 11a Patterns & Behaviors 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p>	<p style="text-align: right;">19</p> <p>10a SMART GOALS 11a Empathy 12p Creative Writing 1p Let's Move 2p Laughing Group 5-6:30 Recovery Group (Laconia center)</p>	<p style="text-align: right;">20</p> <p style="text-align: center;">FIELD TRIP Audubon Society</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>	<p style="text-align: right;">23</p> <p>10a How Was Your Weekend? 11a Creative Art & Talk 12p Let's Move! 1p Advocacy 2p Stress Management</p>	<p style="text-align: right;">24</p> <p>10a Inspirational Stories 11a Gratitude 12p Journaling 1p Self Care 2p Walk & Talk 5-6:30 Recovery Group (Concord Center)</p>	<p style="text-align: right;">25</p> <p>10a TED TALK 11a Patterns & Behaviors 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p>	<p style="text-align: right;">26</p> <p>10a SMART GOALS 11a Empathy 12p Creative Writing 1p Let's Move 2p Laughing Group 5-6:30 Recovery Group (Laconia center)</p>	<p style="text-align: right;">27</p> <p>10a Inner Healing 11a Healthy Relationships 12p Music Trivia 1p Positive Affirmations 2p Socialization Skills</p>
	<p style="text-align: right;">30</p> <p>10a How Was Your Weekend? 11a Creative Art & Talk 12p Let's Move! 1p Advocacy 2p Stress Management</p>	<p style="text-align: right;">31</p> <p>10a Inspirational Stories 11a Gratitude 12p Journaling 1p Self Care 2p Walk & Talk 5-6:30 Recovery Group (Concord Center)</p>			

