

December Newsletter

ONE PEER TO ANOTHER

◆
December 2025



Dear Friends, Members, and Community Partners,

As we reach the close of another year, we want to extend our heartfelt gratitude to everyone in our community. December invites reflection, connection, and a little extra kindness, both toward others and ourselves. We know this season can bring joy, but also challenges, whether that's navigating family dynamics, feeling pressure to meet expectations, coping with grief, or simply managing the stress that often comes during the holidays. We want you to know that you don't have to go through any of it alone.

At One Peer to Another, we are here to support you in whatever way feels right for you. This month's newsletter includes information about our holiday-season groups, and opportunities to connect with others. Whether you're looking for a space to talk, a moment of calm, someone to listen, we're here to walk alongside you.

We hope these updates offer comfort and a reminder of the strength we build together, especially during times that can feel complicated or overwhelming.

*Wishing you warmth, peace, and connection this
December,
One Peer to Another*

In this newsletter
you can expect:

December
Events at One
Peer to Another

Recent
Happenings @
the Centers

Local Resources

Contact Info for
our Staff at One
Peer

Events in the
Community

One Peer to Another December Events

- December 1st -
Community/Member Meeting
& 1st Day at 22 Bridge St. Concord
- December 10th- 10am NH
Navigating Collaborative Meeting
- December 16th- NH Mental Health
Peer Alliance (via Zoom)
- December 19th- Holiday Party in
Concord (Bring your best dish!)
🎄🎁
- December 25 & 26th Centers
CLOSED for Christmas Break 🎄
- Art w/Cheryl in Concord @ 1pm
every Thursday 🎨
- Every Wednesday @ Laconia
Center @ 11 Art w/Mona 🎨
- Every Tuesday- Community
Lunch in Laconia 🍽️
- Mondays in Laconia- Journey to
Recovery w. Erika 1-3 P.M.
- Every Friday- Movie Time @1pm
🎬🍿
- Saturdays- Laconia Center Open
from 10-2 for Group Peer Support

Recent Happenings @ One Peer

~FIELD TRIP TO FUNSPOT FOR BOWLING



~CREATIVE ART GROUPS~



Events in the Community



MIDNIGHT MERRIMENT

Save the Date

Friday, December 5, 2025
5 pm to Midnight
Main St, Concord

Presented by
breezeline
Internet. TV. Mobile.

SHOP UNTIL YOU DROP WHILE ENJOYING THE LIGHTS & SOUNDS OF THE HOLIDAYS



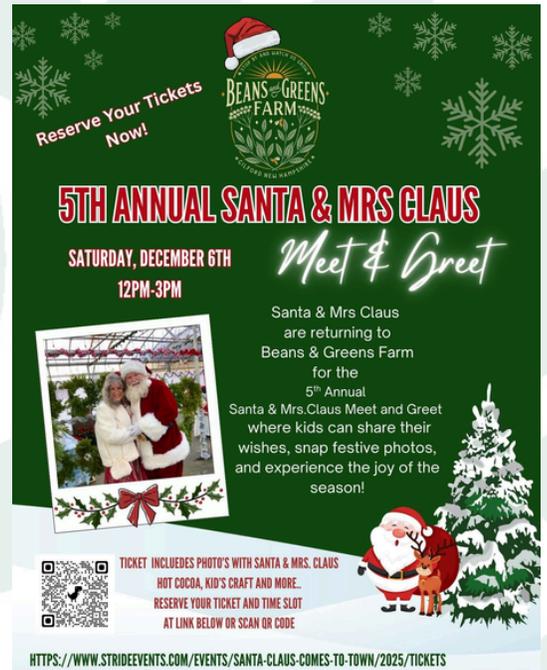
2025 Festival of Trees

at Franklin Public Library
310 Central St.

Friday, December 5
4:00 pm to 8:00 pm

Saturday, Dec. 6
10:00 am to 4:00 pm

Sunday, Dec. 7
10:00 am to 3:00 pm



Reserve Your Tickets Now!

BEANS & GREENS FARM

5TH ANNUAL SANTA & MRS CLAUS

SATURDAY, DECEMBER 6TH
12PM-3PM

Meet & Greet

Santa & Mrs Claus are returning to Beans & Greens Farm for the 5th Annual Santa & Mrs. Claus Meet and Greet where kids can share their wishes, snap festive photos, and experience the joy of the season!

TICKET INCLUDES PHOTO'S WITH SANTA & MRS. CLAUS, HOT COCOA, KID'S CRAFT AND MORE. RESERVE YOUR TICKET AND TIME SLOT AT LINK BELOW OR SCAN QR CODE

[HTTPS://WWW.STRIDEEVENTS.COM/EVENTS/SANTA-CLAUS-COMES-TO-TOWN/2025/TICKETS](https://www.strideevents.com/events/santa-claus-comes-to-town/2025/tickets)



GREATER LAKES REGION CHILDREN'S AUCTION

Lakeport Opera House THE Opera house EST. 1882 Laconia NH

NURSE SOPHIA BIRK SOOLA

Holiday Sing-Along and Meet & Greet

CHRISTMAS SPECTACULAR

SCAN ME



ALUMNI ONLY

THE LEGENDS

MEN'S ALUMNI BASKETBALL TOURNAMENT

PRESENTED BY 603 UNITED

NOVEMBER 22ND & 23RD
LACONIA HIGH SCHOOL & MIDDLE SCHOOL GYMS

ALL OF THE PROCEEDS ARE TO BENEFIT - 603 UNITED A 5013C PUBLIC CHARITY



THE ROCK ORCHESTRA BY CANDLELIGHT

December 13 | 8PM

cca Capital Center for the Arts CHURCH THEATRE



Winter Solstice Flow

FLOW INTO WINTER WITH WARMTH, BALANCE, AND RENEWED ENERGY

ROOT - RELEASE - RISE - RENEWAL

DECEMBER 21 ~ 4PM-5:30PM
STUDIO 151

Caring for Your Mental Health in December: Coping Strategies for a Busy Season

December can be a meaningful month, but it also brings unique emotional challenges. Shorter days, holiday expectations, financial demands, and social pressures can strain our well-being. Here are common mental-health concerns that show up this time of year, along with practical coping strategies and self-care ideas to support you or someone you care about.

Holiday Stress & Overwhelm Coping Strategies

- Prioritize what truly matters; let go of “shoulds.”
- Set realistic expectations about time and energy
- Build in breaks between events or responsibilities.
- Self-Care
 - Try “micro-rests”, a few quiet minutes to breathe or stretch.
 - Delegate tasks when possible.

Loneliness & Social Isolation Coping Strategies

- Reach out through text, online groups, therapists, or Peer Support
- Plan small, meaningful connections, or use a warmline service, even a short call helps.
- Self-Care
 - Create personal rituals (a winter walk, journaling, a favorite movie night).
- Volunteer or participate in community activities to feel connected.

Holiday Depression Coping Strategies

- Challenge the idea that you must feel festive.
- Break tasks into simple steps to reduce overwhelm.
- Self-Care
 - Practice grounding exercises or mindfulness.
- Limit comparison with others your experience is valid.

Grief & Loss Coping Strategies

- Acknowledge your feelings instead of pushing them away.
- Create space to honor loved ones—light a candle, share a memory.
- Self-Care
 - Set boundaries around events that feel too heavy.
 - Lean on support networks or grief groups.

Financial Stress Coping Strategies

- Set a realistic budget and stick to it.
- Choose low-cost or handmade gifts, or agree on no-gift exchanges.
- Self-Care
 - Remind yourself that connection is more important than spending.
 - Track small wins to reduce anxiety.

Substance Use & Relapse Risks Coping Strategies

- Identify triggers and plan alternatives before events.
- Reach out to recovery supports and sponsors.
- Self-Care
 - Bring your own non-alcoholic drink to gatherings.
 - Set clear boundaries around environments that feel unsafe for your recovery.

Remember: You're Not Alone

December can bring joy, but it can also be complicated. Peer support reminds us that healing happens through connection, validation, and shared experience. Reach out, take moments to rest, and give yourself permission to care for your well-being this month.

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.

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