

February Calendar

ONE PEER TO ANOTHER-LACONIA
328 UNION AVE. LACONIA, NH 03246 (603) 528-7742

MONDAY 2 10:00am Community Member Meeting (coffee & treats) 11:00am Weekly Intentions 12:00pm BYOL 1:00pm Self Care Coloring & Conversation	TUESDAY 3 10:00am Check In 11:00am Cooking w/Peers* 1:00 Meal Planning/Nutrition* 2:00 Game Time!	WEDNESDAY 4 10:00am Self Love 11:00am Art w/Mona 1:00 Progress Punchcard* 2:00 Check Out
 10:00am Coffee Hour 11:00am Weekly Intentions 12:00pm Bring your own lunch! 1:00pm Self Care Coloring & Conversation	 10:00am Check In 11:00am Cooking w/Peers* 1:00 Meal Planning/Nutrition* 2:00 Game Time!	 10:00am Self Love 11:00am Art w/Mona 1:00 Progress Punchcard* 2:00 Check Out
PRESIDENT'S DAY HOLIDAY/CENTERS CLOSED 	 10:00am NH Mental Health Peer Alliance* 11:00am Cooking w/Peers* 1:00 Meal Planning/Nutrition 2:00 Game Time!	 10:00am Self Care & Self Love 11:00am Art w/Mona 1:00 Progress Punchcard* 2:00 Check Out
 10:00am Coffee Hour 11:00am Weekly Intentions 12:00pm Bring your own lunch! 1:00pm Self Care Coloring & Conversation	 10:00am Check In 11:00am Cooking w/Peers* 1:00 Meal Planning/Nutrition* 2:00 Game Time!	 10:00am Self Care & Self Love 11:00am Art w/Mona 1:00 Progress Punchcard* 2:00 Check Out

THURSDAY**FRIDAY****SATURDAY****5**

10:00am Check In
11:00am Ice Breakers
1:00pm Art with a Purpose
2:00pm Laughing Group

6

10:00am Morning Movement
11:00am Fun Finances*
12:00pm Bring your own Lunch
2:00 Game Time!

7

10:00am Coffee Hour
11:00am Finding your way (local resources)*
12:00pm Bring your own lunch!
1pm Game Time

12

STAFF TRAINING
CENTERS CLOSED

**19**

10:00am Check In
11:00am Ice Breakers
1:00pm Art with a Purpose
2:00pm Laughing Group

**FIELD TRIP
FUNSPOT for Bowling**

**13**

10:00am Morning Movement
11:00am Fun Finances*
12:00pm **Valentine's Cookie Making** ❤️

14

10:00am Coffee Hour
11:00am Finding your Way (local resources) *
12:00pm Bring your own lunch!
1pm Game Time

21

10:00am Coffee Hour
11:00am Finding your Way (local resources) *
12:00pm Bring your own lunch!
1pm Game Time

26

10:00am Check In
11:00am Ice Breakers
1:00pm Art with a Purpose
2:00pm Laughing Group
6:00pm Board Meeting
(join via zoom, ask for link)

27

10:00am Morning Movement
11:00am Fun Finances*
12:00pm Bring your own Lunch
2:00 Game Time!

28

10:00am Coffee Hour
11:00am Finding your Way (local resources) *
12:00pm Bring your own lunch!
1pm Game Time

Important Information:
Local Warmline:
1-800-306-4334
Open 5-10pm 7/365 days
For when you need someone to talk to!

Local Mental Health Agency:
Lakes Region Mental Health Center
(603) 524-1100

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)