


February Calendar

ONE PEER TO ANOTHER-LACONIA



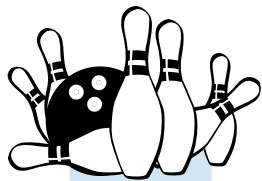
328 UNION AVE. LACONIA, NH 03246 (603) 528-7742

MONDAY 2 <p>10:00am Community Member Meeting (coffee & treats)</p> <p>11:00am Weekly Intentions</p> <p>12:00pm BYOL</p> <p>1:00pm Self Care Coloring & Conversation</p>	TUESDAY 3 <p>10:00am Check In</p> <p>11:00am Cooking w/Peers*</p> <p>1:00 Meal Planning/Nutrition*</p> <p>2:00 Game Time!</p>	WEDNESDAY 4 <p>10:00am Self Love</p> <p>11:00am Art w/Mona</p> <p>1:00 Progress Punchcard*</p> <p>2:00 Check Out</p>
9 <p>10:00am Coffee Hour</p> <p>11:00am Weekly Intentions</p> <p>12:00pm Bring your own lunch!</p> <p>1:00pm Self Care Coloring & Conversation</p>	10 <p>10:00am Check In</p> <p>11:00am Cooking w/Peers*</p> <p>1:00 Meal Planning/Nutrition*</p> <p>2:00 Game Time!</p>	11 <p>10:00am Self Love</p> <p>11:00am Art w/Mona</p> <p>1:00 Progress Punchcard*</p> <p>2:00 Check Out</p>
16 <p>PRESIDENT'S DAY HOLIDAY/CENTERS CLOSED</p> 	17 <p>10:00am NH Mental Health Peer Alliance*</p> <p>11:00am Cooking w/Peers*</p> <p>1:00 Meal Planning/Nutrition</p> <p>2:00 Game Time!</p>	18 <p>10:00am Self Care & Self Love</p> <p>11:00am Art w/Mona</p> <p>1:00 Progress Punchcard*</p> <p>2:00 Check Out</p>
23 <p>10:00am Coffee Hour</p> <p>11:00am Weekly Intentions</p> <p>12:00pm Bring your own lunch!</p> <p>1:00pm Self Care Coloring & Conversation</p>	24 <p>10:00am Check In</p> <p>11:00am Cooking w/Peers*</p> <p>1:00 Meal Planning/Nutrition*</p> <p>2:00 Game Time!</p>	25 <p>10:00am Self Care & Self Love</p> <p>11:00am Art w/Mona</p> <p>1:00 Progress Punchcard*</p> <p>2:00 Check Out</p>

THURSDAY

FRIDAY

SATURDAY

<p style="text-align: right;">5</p> <p>10:00am Check In 11:00am Ice Breakers 1:00pm Art with a Purpose 2:00pm Laughing Group</p>	<p style="text-align: right;">6</p> <p>10:00am Morning Movement 11:00am Fun Finances* 12:00pm Bring your own Lunch 2:00 Game Time!</p>	<p style="text-align: right;">7</p> <p>10:00am Coffee Hour 11:00am Finding your way (local resources)* 12:00pm Bring your own lunch! 1pm Game Time</p>
<p style="text-align: right;">12</p> <p>STAFF TRAINING CENTERS CLOSED</p> 	<p style="text-align: right;">13</p> <p>10:00am Morning Movement 11:00am Fun Finances* 12:00pm Valentine's Cookie Making</p> 	<p style="text-align: right;">14</p> <p>10:00am Coffee Hour 11:00am Finding your Way (local resources) * 12:00pm Bring your own lunch! 1pm Game Time</p>
<p style="text-align: right;">19</p> <p>10:00am Check In 11:00am Ice Breakers 1:00pm Art with a Purpose 2:00pm Laughing Group</p>	<p style="text-align: right;">20</p> <p>FIELD TRIP FUNSPOT for Bowling</p> 	<p style="text-align: right;">21</p> <p>10:00am Coffee Hour 11:00am Finding your Way (local resources) * 12:00pm Bring your own lunch! 1pm Game Time</p>
<p style="text-align: right;">26</p> <p>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)</p>	<p style="text-align: right;">27</p> <p>10:00am Morning Movement 11:00am Fun Finances* 12:00pm Bring your own Lunch 2:00 Game Time!</p>	<p style="text-align: right;">28</p> <p>10:00am Coffee Hour 11:00am Finding your Way (local resources) * 12:00pm Bring your own lunch! 1pm Game Time</p>
<p>Important Information: Local Warmline: 1-800-306-4334 Open 5-10pm 7/365 days For when you need someone to talk to!</p>	<p>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!</p>	<p>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)</p>