

February Newsletter

ONE PEER TO ANOTHER



February 2025



In this newsletter
you can expect:

One Peer to Another wishes you a wonderful February filled with happiness and community!

As we welcome February, we are filled with gratitude for the continued trust and strength you bring to our community. At One Peer to Another, our mission is to support you through every stage of your journey, helping you discover new ways to thrive and build resilience. This month, we want to focus on two key themes: self-care and connection.

Self-Care: A Priority, Not a Luxury
We know that life can be overwhelming at times, and it's easy to forget the importance of taking care of yourself. Whether it's setting aside time for rest, engaging in activities that bring you joy, or seeking professional support when needed, self-care is an essential tool in maintaining your well-being. Throughout February, we will be sharing tips, resources, and activities to help you nurture your mind, body, and spirit. Remember, you deserve to prioritize yourself and your health.

Building Resilience Together:
Resilience is not about avoiding challenges, but about facing them with strength and support. This month, we encourage you to lean on each other. Whether through groups or one-on-one conversations, there are many ways to connect and find support. Upcoming Events:

This Month we will have a Valentine's Get-Together to make cards, decorate cookies and have conversation. Getting together is a wonderful opportunity to grow, and bond with others who understand what you're going through.

Remember: You Are Not Alone
At One Peer to Another, we are more than just a resource—we are a community. We believe in the power of shared experience and the strength that comes from walking alongside one another. Let's make this month one of growth, connection, and self-care. With warmth and gratitude,
One Peer to Another

Events at One
Peer to Another

Upcoming Trips

February
Happenings at
One Peer

Awareness
Month Info

Events in the
Community

One Peer to Another Events

- **February 3rd-
Community/Member Meetings
(for your input as members!)**
- **February - every Wednesday @ 11
Art Group & Shopping Trips**
- **February 7th- Field Trips
Concord Center- Christa
McAuliffe-Shepard Discovery Center
Laconia Center- Franklin Bakery**
- **February 14- Valentine's Party
(crafts, food, celebration)**
- **February 17th- President's Day
(Centers Closed for Holiday)**
- **February 18th- Amy Parker led
Painting Class @ One Peer to
Another-Laconia center**



Events in the Community



15

Saturday, February 15, 2025 at 4:30 PM – 7:30 PM
Valentine's Day (Kids event) Parents night out
322 W. Main St Suite 110, Tilton, NH

Valentine's Day event for kids ages 5-12, with games, crafts, activities, dinner and dessert a Bible lesson, and more! Snow date is Feb 22nd , @4:30.

Space is limited, so register your kids today @
<https://gbfnh.churchcenter.com/people/forms/876618>



**2/4/2025
6:15pm**

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Tuesday, February 4, 2025 at 6:15 PM – 7 PM
DEFENSE DISCUSSION (Women's Self-defense)
96 Daniel Webster hwy, Belmont, NH

12 week women's self-defense workshop! Consists of 45 minute classes on Tuesday and Thursday. Learning with other women in a SAFE, EFFECTIVE, and SUPPORTIVE environment.



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Friday at 4 PM – 9 PM
LIGHTS ON SQUAM Powered by New Spectrum Lighting, Free Spirits Events, and Wolfsburg Farm
84 East Holderness, Holderness, NH, United States, New Hampshire 03245



**CARAOKE
KARAOKE
DANCE PARTY**

Scan Me
for Tickets

Valentines Day,
2-14-2025
6:00-10pm.



BLACK HISTORY MONTH

February is Black History Month, a time to honor the legacy, culture, and contributions of Black individuals throughout history. This month, take the opportunity to learn, reflect, and celebrate by exploring books, documentaries, and art that highlight Black history. Support Black-owned businesses, attend local events, or participate in virtual discussions to engage with the community. Let's celebrate the achievements and continue the journey toward a more inclusive future!



HEART HEALTH AWARENESS MONTH

February is Heart Health Awareness Month!

As we kick off the month of February, it's the perfect time to focus on our heart health. Heart disease remains one of the leading causes of death, but the good news is that many risks can be managed with simple lifestyle changes. This month, take the opportunity to learn more about heart disease prevention, from healthy eating to regular exercise, and the importance of routine check-ups. Let's prioritize our heart health and make small changes that can lead to a longer, healthier life. Stay tuned for tips and resources throughout the month to help you protect your heart! ❤️

#HeartHealth #HealthyLiving #PreventionMatters

Warmline Support & Local Resources

New Hampshire Rapid Response Access Point 1-833-710-6477

This helpline is responsible for a centralized contact center for individuals experiencing a mental health and/or substance use crisis. The contact center consolidates and streamlines access to mental health and substance use disorder services when you need it most. This service is for the individual or family members.

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 to help keep people connected and supported during difficult times when the centers are closed. Our operators are paid peers and not professionals.

Resources 211

Provides help with Mental Health and Substance Misuse it is NH's first statewide, comprehensive, information and referral services. Thanks to a unique coalition of non-profit government, corporate and volunteer partners, New Hampshire residents need only dial 211 to be connected, at no cost, with trained information and Referral Specialists who can help provide them with the health and human service information they need to get help, give help, or discover options.

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.

One Peer to Another, Laconia

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WARMLINE: (800) 306-4334, 5-10 pm, 7 days per week
