

February Newsletter

ONE PEER TO ANOTHER



February 2026



Dear Members, Visitors & Partners,

Happy February from all of us at One Peer to Another! As we move into a new month, we want to take a moment to celebrate you, whether you are a long-time member, new to One Peer, or visiting to learn more about our peer support community.

February is often associated with love, and at One Peer to Another, we believe love starts from within and grows through connection with others. This month is about self-love, self-acceptance, and recognizing the value we each bring to our community. Having self-love and acceptance means honoring your needs, setting healthy boundaries, and offering yourself the same compassion you give to others.

Throughout February, we will be focusing on activities and conversations that encourage self-care, confidence, and celebrating one another's strengths. We recognize that everyone's relationship with self-love looks different, and there is no "right" way to show up. Our goal is to continue providing a safe, respectful space where members can reflect, share, and support one another without pressure or judgment.

We invite you to join us for daily groups, one-to-one peer support, and informal conversations throughout the month. Whether you come to listen, participate, or simply spend time in a supportive environment, you are always welcome. Our staff are here to walk alongside you, offer encouragement, and connect you with helpful resources.

Thank you for being part of the One Peer to Another community. Your presence, kindness, and willingness to support one another make this space one of connection, growth, and care.

We look forward to celebrating February with you and continuing our journeys together!

Warm regards,
The One Peer to Another Team

In this newsletter
you can expect:

February Events
at One Peer to
Another

Events in the
Community

Local Resources

Contact Info for
our Staff at One
Peer

Just a sidenote:
If we are closed
due to weather,
it will be posted
on our
Facebook!

One Peer to Another February Events

February 2nd- Community/Member Meeting

February 12th- Staff Professional Development-CENTERS CLOSED

February 16th- President's Day- CENTERS CLOSED

February 17th- NH Mental Health Peer Alliance (via Zoom)

February 20th - FIELD TRIP- Bowling @ Funspot

February 26th- Board of Directors Meeting at 6pm (call for link)

Art w/Cheryl in Concord @ 1pm every Thursday 🎨

Every Wednesday @ Laconia Center @ 11 Art w/Mona 🎨

Every Tuesday @11am - Cooking w/Peers in Laconia 🍳🍷

Every Friday- Movie Time @1pm 🎬🍿📺

Saturdays- Laconia Center Open from 10-2 for Peer Support

Recent Happenings @ One Peer



Events in the Community



All About Recovery

A 12-STEP MEETING FOR RECOVERY FROM ALL SUBSTANCES

1 hr meeting

Free & Open to the Public

Tuesday's 7:00 PM **102 Court Street Laconia NH 03246**

FREE Pizza generously provided by **South End PIZZA SEAFOOD**

For More Information: (603) 524-5939



NAVIGATING RECOVERY
of THE LAKES REGION

HOPE IN THE DARK

NA



MEETING

EVERY THURSDAY @ 7:00 PM

745 N. MAIN STREET LACONIA, NH 03246
(PAUGUS BAY BEHAVIORAL HEALTH OFFICE)

Find strength, connection, and hope – you're not alone.



American Red Cross | Heroes Saving Lives

New Hampshire Veterans Home Blood Drive
Monday, February 2nd | 11 am – 3:30 pm

139 Winter Street | Tilton NH
Make an appointment today at <https://rcblood.org/3PqwToE>





Compete in the Wildest Race on Two Legs!

HUMAN SLED DOG RACES

WHEN	WHERE	TIME
21 FEB	BEANS & GREENS 245 INTERVALE RD GILFORD, NH	10 AM - 1 PM

Get your team of 3 together and jump into the fun! Bring your own sled, put on your best team costume, and get ready to pull your rider 50 yards in this hilarious, family-friendly race.





Team Entry Fee: \$60
Sign Up at:



Proceeds to benefit Veterans and First Responders



Great Meredith Rotary Ice Fishing Derby
Save the Date
February 7-8, 2026

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Feb 7 at 9AM – Feb 8 at 3:30PM
Meredith Rotary Ice Fishing Derby
Hesky Park



CAREER EXPOSITION

Health and Human Services

Discover exciting health science and human services career paths! Join us and explore opportunities in **Fire Science, Law Enforcement, Medicine (Nursing, EMT, Paramedic), Social Work, Bio-Tech,** and more.

Program Overview

- Panel discussion featuring LRCC professors, LRCC students, and industry leaders
- Tour of LRCC with hands-on exhibits
- Vendor exposition with local companies
- Lunch provided (for schools only)

Employers and Job Seekers must register to attend

<https://jobfairs.nh.gov>

click or scan to register!





Date
February 6, 2026

Times
Middle Schools:
9:00 a.m. - 11:00 a.m.
High Schools/CTE:
10:00 a.m. - 12:00 p.m.
Public:
11:00 a.m. - 1:00 p.m.

Location
Lakes Region Community College (LRCC)
379 Belmont Road, Laconia, NH

Applicants will be notified or referred to this recruitment event by 10:00 AM. Workforce is required to attend. Failure to attend could affect continued receipt of unemployment benefits.



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.

One Peer to Another, Laconia
328 Union Ave, Laconia, NH 03246
603-528-7742

Michelle LaDue, Executive Director
Email: michelle@onepeer.org
Chelsea Baker, Program Director
Email: chelsea.baker@onepeer.org

One Peer to Another, Concord
22 Bridge St. Concord, NH 03301
603-224-0894

One Peer to Another, Pemi Valley
Cindy Robinson
603-412-7050
Email: cindy@onepeer.org
