

# ONE PEER TO ANOTHER - CONCORD

244 N. Main St. Concord, NH 03301 | (603) 224-0894

## FEBRUARY 2025

|  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|--|---|--|--|---|
| <p><b>IMPORTANT INFORMATION:</b></p> <p><b>Local Warmline:</b><br/>1-800-306-4334<br/>Open 5–10 PM<br/>7/365 days<br/>For when you need someone to talk to!</p> <hr/> <p><b>Local Mental Health Agency:</b></p> <p>Riverbend Community Health Inc.<br/>(603) 715</p> <p>CALL OR TEXT 988</p> <p>24/7/365 days<br/>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) &amp; the Substance Abuse &amp; Mental Health Services Administration (SAMHSA)</p>  | <p>3</p> <p>10a <b>Community/Member Meeting</b><br/>11a Creative Writing<br/>12p Let's Move!<br/>1p Empowerment Group for Daily Struggles<br/>2p Stress Management</p> | <p>4</p> <p>10a Inspirational Stories<br/>11a Self Esteem/Self Love<br/>12p <b>Lunch Social</b><br/>1p Budgeting<br/>2p Fun Facts!</p>  | <p>5</p> <p>10a TED TALK<br/>11a <b>Creative Art</b><br/>11a <b>Shopping Trip &amp; Budgeting</b><br/>1p Coping Skills<br/>2p Game Time</p>  | <p>6</p> <p>10a SMART GOALS<br/>11a Mindfulness<br/>12p Meal Planning<br/>1p Let's Move<br/>2p Laughing Group<br/>5-6:30 <b>Recovery Group</b></p> | <p>7</p> <p><b>FIELD TRIP CHRISTA MCAULIFFE</b><br/>(sign up by 2/3/25)</p>  |
|  | <p>10</p> <p>10a Coffee Hour<br/>11a Creative Writing<br/>12p Let's Move!<br/>1p Empowerment Group for Daily Struggles<br/>2p Stress Management</p>                    | <p>11</p> <p>10a Inspirational Stories<br/>11a Self Esteem/Self Love<br/>12p <b>Lunch Social</b><br/>1p Budgeting<br/>2p Fun Facts!</p> | <p>12</p> <p>10a TED TALK<br/>11a <b>Creative Art</b><br/>11a <b>Shopping Trip &amp; Budgeting</b><br/>1p Coping Skills<br/>2p Game Time</p> | <p>13</p> <p>10a SMART GOALS<br/>11a Mindfulness<br/>12p Meal Planning<br/>1p Let's Move<br/>2p Laughing Group</p>                                 | <p>14</p>  <p>Valentine's Day Party</p>                                      |
|  | <p>17</p> <p><b>PRESIDENT'S DAY</b><br/>Center Closed</p>                            | <p>18</p> <p><b>STAFF TRAINING</b><br/><b>CENTER CLOSED</b></p>   | <p>19</p> <p>10a TED TALK<br/>11a <b>Creative Art</b><br/>11a <b>Shopping Trip &amp; Budgeting</b><br/>1p Coping Skills<br/>2p Game Time</p> | <p>20</p> <p>10a SMART GOALS<br/>11a Mindfulness<br/>12p Meal Planning<br/>1p Let's Move<br/>2p Laughing Group</p>                                 | <p>21</p> <p>10a Inner Healing<br/>11a Worth Jar<br/>12p Music Trivia<br/>1p Movie Time<br/><b>1p One to One w/ Peer Support</b></p>                            |
|  | <p>24</p> <p>10a Coffee Hour<br/>11a Creative Writing<br/>12p Let's Move!<br/>1p Empowerment Group for Daily Struggles<br/>2p Stress Management</p>                    | <p>25</p> <p>10a Inspirational Stories<br/>11a Self Esteem/Self Love<br/>12p <b>Lunch Social</b><br/>1p Budgeting<br/>2p Fun Facts!</p> | <p>26</p> <p>10a TED TALK<br/>11a <b>Creative Art</b><br/>11a <b>Shopping Trip &amp; Budgeting</b><br/>1p Coping Skills<br/>2p Game Time</p> | <p>27</p> <p>10a SMART GOALS<br/>11a Mindfulness<br/>12p Meal Planning<br/>1p Let's Move<br/>2p Laughing Group</p>                                 | <p>28</p> <p>10a Inner Healing<br/>11a Worth Jar<br/>12p Music Trivia<br/>1p Movie Time<br/><b>1p One to One w/ Peer Support</b></p>                            |