

ONE PEER TO ANOTHER - LACONIA

328 Union Ave. Laconia, NH 03246 | (603) 528-7742

FEBRUARY 2025

IMPORTANT INFORMATION:	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Local Warmline: 1-800-306-4334 Open 5–10 PM 7/365 days For when you need someone to talk to!</p>	<p>3 10a Community/Member Meeting 11a Wellness Goals 12p Let's Move! 1p Empowerment Group for Daily Struggles 2p Stress Management</p>	<p>4 10a Creative Writing 11a Social Skills 12p Crockpot Social 1p Self Esteem/Self Love 2p Healthy Eating</p>	<p>5 10a TED TALK 11a Art with Mona 11a Shopping Trip & Budgeting 1p Coping Skills 2p Game Time</p>	<p>6 10a SMART GOALS 11a AM Music Jam Session 12p Meal Planning 1p Let's Move 2p Laughing Group 5-6:30 Recovery Group</p>	<p>7 FIELD TRIP to Local Bakery (sign up by 2/3/25)</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>10 10a Coffee Hour 11a Wellness Goals 12p Let's Move! 1p Empowerment Group for Daily Struggles 2p Stress Management</p>	<p>11 10a Creative Writing 11a Social Skills 12p Crockpot Social 1p Self Esteem/Self Love 2p Healthy Eating</p>	<p>12 10a TED TALK 11a Art with Mona 11a Shopping Trip & Budgeting 1p Coping Skills 2p Game Time</p>	<p>13 10a SMART GOALS 11a AM Music Jam Session 12p Meal Planning 1p Let's Move 2p Laughing Group 5-6:30 Recovery Group</p>	<p>14  Valentine's Day Party</p>
<p>Funding for Peer Support Agencies comes from the: NH Department of Health and Human Services (DHHS) & the Substance Abuse & Mental Health Services Administration (SAMHSA)</p>	<p>17 PRESIDENT'S DAY Center Closed</p> 	<p>18 STAFF TRAINING CENTER CLOSED</p>	<p>19 10a TED TALK 11a Art with Mona 11a Shopping Trip & Budgeting 1p Coping Skills 2p Game Time</p>	<p>20 10a SMART GOALS 11a AM Music Jam Session 12p Meal Planning 1p Let's Move 2p Laughing Group 5-6:30 Recovery Group</p>	<p>21 10a Inner Healing 11a Creative Art 12p Music Trivia 1p Movie Time 1p One to One w/ Peer Support</p>
	<p>24 10a Coffee Hour 11a Wellness Goals 12p Let's Move! 1p Empowerment Group for Daily Struggles 2p Stress Management</p>	<p>25 10a Creative Writing 11a Social Skills 12p Crockpot Social 1p Self Esteem/Self Love 2p Healthy Eating</p>	<p>26 10a TED TALK 11a Art with Mona 11a Shopping Trip & Budgeting 1p Coping Skills 2p Game Time</p>	<p>27 10a SMART GOALS 11a AM Music Jam Session 12p Meal Planning 1p Let's Move 2p Laughing Group 5-6:30 Recovery Group</p>	<p>28 10a Inner Healing 11a Creative Art 12p Music Trivia 1p Movie Time 1p One to One w/ Peer Support</p>