

# January Newsletter

## ONE PEER TO ANOTHER



January 2026



Dear Members, Visitors & Partners,

*Happy New Year from all of us at One Peer to Another! As we step into January, we want to take a moment to welcome you, whether you are a long-time member, a new face, or someone just stopping by to learn more about our peer support community.*

*January is often a time of reflection, fresh starts, and setting intentions. At One Peer to Another, we believe that progress doesn't have to be big or perfect. Showing up, taking care of yourself, and connecting with others matter. Peer support is about walking alongside one another, sharing experiences, and offering understanding without judgment.*

*This month, we are focusing on healthy routines, including self care, maintaining hygiene, and creating healthy habits that support overall well-being. These are important foundations for mental, emotional, and physical health, and we recognize that everyone's journey looks different. Our goal is to provide a safe, respectful space where members can learn, share, and support each other at their own pace.*

*We invite you to join us for daily groups, one-to-one peer support, and informal conversations throughout the month. Visitors are always welcome, and there is no pressure to share just being present is enough. Our staff are here to listen, encourage, and help connect you with resources that may be helpful.*

*As we begin this new year together, we want to thank you for being part of our community. Your presence, your voice, and your willingness to support one another make One Peer to Another a place of connection and hope.*

*We look forward to seeing you this January and walking into the new year together.*

*Warm regards,  
The One Peer to Another Team*

In this newsletter  
you can expect:

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January Events  
at One Peer to  
Another

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Recent  
Happenings @  
the Centers

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Local Resources

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Contact Info for  
our Staff at One  
Peer

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Events in the  
Community

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## One Peer to Another January Events

- January 1st-New Year's Day-  
CENTERS CLOSED
- January 5<sup>th</sup>- Community/Member  
Meeting
- January 17<sup>th</sup>-FIELD TRIP
- January 14<sup>th</sup>- 10am NH  
Navigating Collaborative Meeting
- January 19<sup>th</sup>- Civil Rights Day-  
CENTERS CLOSED
- January 20<sup>th</sup>- NH Mental Health  
Peer Alliance (via Zoom)
- January 26<sup>th</sup>- Professional  
Development/Staff Monthly  
Meeting-Centers CLOSED
- January 27<sup>th</sup>- FIELD TRIP- Smitty's  
Cinema in Tilton (sign up by 1/23)
- January 29<sup>th</sup>- 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- Cooking w/Peers  
in Laconia 🍲
- Every Friday- Movie Time @1pm 🎬
- Saturdays- Laconia Center Open  
from 10-2 for Peer Support

## Recent Happenings @ One Peer



### -HOLIDAY GET-TOGETHER-



### -CREATIVE ART GROUPS-



## Events in the Community

**CONCORD NH**  
**WINTER FEST**

**breezeline**  
Internet. TV. Mobile.

Sat, Jan 24 (11 am - 4 pm)  
Preview on Fri, Jan 23 (3 pm - 9 pm)

49 S. MAIN ST SUITE 202  
CONCORD NH

INTOWN CONCORD  
THE HOTEL CONCORD

**603 LINE DANCE**  
EST. 2021  
LIVE FREE OR DIE DANCIN'

**Country Night**

*Winter Wonderland*  
**Line Dancing**

**Lessons & Dancing**

JAN. 3<sup>RD</sup> @ 7 P.M.  
781 UNION AVE.  
LACONIA NH



Sunday, January 4, 2026 at 3 PM  
**Boston Bruins Alumni Charity Game!**

Public · Event by Cmar Scholarship Fund

EVERETT ARENA  
15 LOUDON RD, CONCORD

Join the Franklin Parks & Recreation Department for:

**PARENTS NIGHT OUT**

FRIDAY, JANUARY 9<sup>TH</sup> 2026

5:30PM - 8:30PM

**COST:**  
\$25 / child for Franklin residents  
\$30 / child for non-residents  
**AGES: 5 - 13 years of age**

12 Rowell Drive  
Franklin, NH  
603-934-2118

Need an evening to yourselves after the rush of the holiday season? Drop the kids off for a fun and exciting night they'll love!

We'll take care of everything - a yummy dinner, a kid-friendly movie in the gym, hands-on arts and crafts, and group games!

Register online!  
Limited spots available

[franklinnhrecdesk.com](http://franklinnhrecdesk.com)

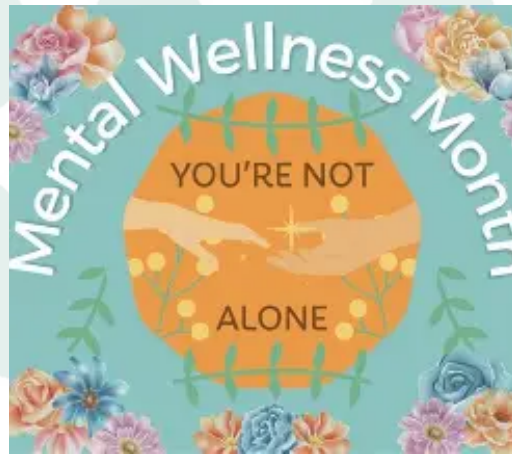
Thursday, January 1, 2026 at 10 AM - 1 PM

**Franklin First Day**

Public · Event by Mill City Park at Franklin Falls

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# January: Mental Wellness Month



January is recognized as Mental Wellness Month, a time to focus on emotional well-being, stress management, and building healthy habits. The start of a new year can feel exciting, but it can also bring stress, low energy, or feelings of isolation after the holidays. Mental wellness is not just about “feeling happy”—it’s about understanding your emotions, taking care of your mind and body, and creating routines that help you navigate daily life.

## Why it matters:

- Mental wellness impacts how we think, feel, and interact with others.
- Healthy habits, even small ones, help reduce stress and improve overall quality of life.
- Peer support and connection are key components of maintaining wellness.

## How to support your mental wellness this month:

1. Check in with yourself daily~ Take a few minutes to notice your emotions without judgment.
2. Keep a simple routine~ Regular sleep, meals, and movement help stabilize mood and energy.
3. Connect with peers or support systems~ Sharing experiences and listening to others strengthens community and reduces isolation.
4. Take breaks and practice self-care~ Short pauses, breathing exercises, or small acts of care can reduce stress.
5. Celebrate small wins~ Acknowledge progress, no matter how small; it matters more than perfection.

Tip: Mental wellness is a journey, not a destination. Some days will feel easier than others, and that’s okay. The key is to practice compassion toward yourself and lean on your peers when needed.

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## **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](mailto:michelle@onepeer.org)  
Chelsea Baker, Program Director  
Email: [chelsea.baker@onepeer.org](mailto: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](mailto:cindy@onepeer.org)

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