

ONE PEER TO ANOTHER – CONCORD

22 Bridge St. Concord, NH 03301 | (603) 224-0894

JANUARY 2025

<p>IMPORTANT INFORMATION:</p> <p><u>Local Warmline:</u> 1-800-306-4334 Open 5–10 PM 7/365 days For when you need someone to talk to!</p> <hr/> <p><u>Local Mental Health Agency:</u> Riverbend Community Health Inc. (603) 715-5060</p> <p>CALL OR TEXT 988 24/7/365 days 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) & the Substance Abuse & Mental Health Services Administration (SAMHSA)</p> 	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>*Educational Groups & Creative Groups</p>	<p>Laconia Center Open 10-2pm Saturdays</p>	<p>Board of Directors Meeting January 29th @ 6pm (join via zoom, call for link)</p>	<p>NEW YEAR'S DAY CENTERS CLOSED</p>	<p>10a Morning Stretch/Walk 11a Budgeting* 12p Bring your own Lunch! 1p Friday FILM </p>
	<p>10a Community/Member Meeting* & Coffee 11 Intentions for the Week 12 Bring your own lunch 1 Mindful Journaling 2 Check Out</p>	<p>10a Check in 11a Goal Setting 12 Crockpot Social 2p Game Time!</p>	<p>10a Self Care/Self Love 11a Downtown w/Peers 1p Member Led Group 2p Practicing Gratitude</p>	<p>10a Check In 11a Ice Breakers 12p Healthy Habits 1p Creative Art w/Cheryl </p>	<p>10a Morning Stretch/Walk 11a Budgeting* 12p Bring your own Lunch! 1p Friday FILM </p>
	<p>10a Coffee Hour 11 Intentions for the Week 12p Bring your own lunch 1p Mindful Journaling 2p Check Out</p>	<p>10a Check In 11a Goal Setting 12 Crockpot Social 2p Game Time!</p>	<p>10a NH Navigating Collaborative Meeting* 11a Downtown w/Peers 1p Member Led Group 2p Practicing Gratitude</p>	<p>10a Check In 11a Ice Breakers 12p Healthy Habits 1p Creative Art w/Cheryl </p>	<p>10a Morning Stretch/Walk 11a Budgeting* 12p Bring your own Lunch! 1p Friday FILM </p>
	<p>Civil Rights Day Centers CLOSED</p>	<p>10a NH Mental Health Peer Alliance* 11a Goal Setting 12 Crockpot Social 2p Game Time!</p>	<p>10a Self Care/Self Love 11a Downtown w/Peers 1p Member Led Group 2p Practicing Gratitude</p>	<p>10a Check In 11a Ice Breakers 12p Healthy Habits 1p Creative Art w/Cheryl </p>	<p>10a Morning Stretch/Walk 11a Budgeting* 12p Bring your own Lunch! 1p Friday FILM </p>
	<p>STAFF PROFESSIONAL DEVELOPMENT & MONTHLY MEETING -CENTERS CLOSED</p>	<p>FIELD TRIP SMITTY'S CINEMA (sign up by 1/23) </p>	<p>10a Self Care/Self Love 11a Downtown w/Peers 1p Member Led Group 2p Practicing Gratitude</p>	<p>10a Check In 11a Ice Breakers 12p Healthy Habits 1p Creative Art w/Cheryl </p>	<p>10a Morning Stretch/Walk 11a Budgeting* 12p Bring your own Lunch! 1p Friday FILM </p>