




ONE PEER TO ANOTHER – LACONIA

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

JANUARY 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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> Lakes Region Mental Health Center (603) 524-1100</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> 				1	2	3
	<p>*Educational Groups</p> <p>Creative Groups</p>	<p>Board of Directors Meeting January 29th</p> <p>@ 6pm (join via zoom, call for link)</p>		<p>NEW YEAR'S DAY</p> <p>CENTERS CLOSED</p>	<p>10a Morning Stretch</p> <p>11a Budgeting</p> <p>12p Bring your own Lunch!</p> <p>1p Friday FILM </p>	<p>10a Check in</p> <p>11a Game Time</p> <p>12p Bring your own lunch</p> <p>1p Life Skills</p>
	5	6	7	8	9	10
	<p>10a Community/Member Meeting* & Coffee</p> <p>11 Weekly Intentions</p> <p>12 Bring your own lunch</p> <p>1 The Journey of Recovery</p>	<p>10a Check In</p> <p>11a Mindful Journaling</p> <p>12 Cooking w/Peers*</p> <p>2p Game Time!</p>	<p>10a Self Care & Healthy Habits</p> <p>11a Art w/Mona </p> <p>1p Member Led Group</p> <p>2p Practicing Gratitude</p>	<p>10a Check In</p> <p>11a Ice Breakers</p> <p>12 Frame of Mind </p> <p>2p Laughing Group</p>	<p>10a Morning Stretch</p> <p>11a Budgeting</p> <p>12p Bring your own Lunch!</p> <p>1p Friday FILM </p>	<p>10a Morning Warm</p> <p>11a Game Time</p> <p>12p Bring your own lunch!</p> <p>1p Life Skills</p>
	12	13	14	15	16	17
	<p>10a Coffee Hour</p> <p>11 Intentions for the Week</p> <p>12 Bring your own lunch</p> <p>1 The Journey of Recovery</p>	<p>10a Check In</p> <p>11a Mindful Journaling</p> <p>12 Cooking w/Peers*</p> <p>2p Game Time!</p>	<p>10a NH Navigating Collaborative Meeting*</p> <p>11a Art w/Mona </p> <p>1p Member Led Group</p> <p>2p Practicing Gratitude</p>	<p>10a Check In</p> <p>11a Shopping Trip/Budgeting*</p> <p>1p Frame of Mind </p> <p>2p Laughing Group</p>	<p>10a Morning Stretch</p> <p>11a Budgeting</p> <p>12p Bring your own Lunch!</p> <p>1p Friday FILM </p>	<p>10a Check in</p> <p>11a Game Time</p> <p>12p Bring your own lunch!</p> <p>1p Life Skills</p>
	19	20	21	22	23	24
	<p>Civil Rights Day</p> <p>Centers CLOSED</p>	<p>10a NH Mental Health Peer Alliance*</p> <p>11a Mindful Journaling</p> <p>12 Cooking w/Peers*</p> <p>2p Game Time!</p>	<p>10a Self Care & Healthy Habits</p> <p>11a Art w/Mona </p> <p>1p Member Led Group</p> <p>2p Practicing Gratitude</p>	<p>10a Check In</p> <p>11a Ice Breakers</p> <p>12p Frame of Mind </p> <p>2p Laughing Group</p>	<p>10a Morning Stretch</p> <p>11a Budgeting</p> <p>12p Bring your own Lunch!</p> <p>1p Friday FILM </p>	<p>10a Check in</p> <p>11a Game time</p> <p>12p Bring your own Lunch!</p> <p>1p Life Skills</p>
	26	27	28	29	30	31
	<p>STAFF PROFESSIONAL DEVELOPMENT & MONTHLY MEETING -CENTERS CLOSED</p>	<p>FIELD TRIP SMITTY'S CINEMA</p> <p> (sign up by 1/23)</p>	<p>10a Self Care & Healthy Habits</p> <p>11a Art w/Mona </p> <p>1p Member Led Group</p> <p>2p Practicing Gratitude</p>	<p>10a Check In</p> <p>11a Ice Breakers</p> <p>1p Frame of Mind </p> <p>2p Laughing Group</p>	<p>10a Morning Stretch 11a Budgeting</p> <p>12p Bring your own Lunch!</p> <p>1p Friday FILM </p>	<p>10a Check in</p> <p>11a Game time</p> <p>12p Bring your own Lunch!</p> <p>1p Life Skills</p>