




ONE PEER TO ANOTHER - CONCORD

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

JULY 2025

IMPORTANT INFORMATION: Local Warmline: 1-800-306-4334 Open 5–10 PM 7/365 days For when you need someone to talk to! <hr/> Local Mental Health Agency: Riverbend Community Health Inc. (603) 715-5060 CALL OR TEXT 988 24/7/365 days For when you are in crisis, feeling suicidal, or need professional assistance! Funding for Peer Support Agencies comes from the: NH Department of Health and Human Services (DHHS) & the Substance Abuse & Mental Health Services Administration (SAMHSA) 	Monday	Tuesday	Wednesday	Thursday	Friday
		1 10a Check In 11a Cooking Lessons 12p Lunch Social 1p UNH Extension-Food Smarts 2p Game Time!	2 10a Meal Planning 11a Budgeting 12p Mindfulness Practices 1p Self Care 2p Laughing Group	3 10a Check In 11a Breaking Bad Habits 12p Ice Breakers 1p Activities of Daily Living 2p Laughing Group	4 CENTERS CLOSED 
	7 10a Community/Member Meeting 11a Walk & Talk 12p Personal Values 1p Goals for the week 2p Check Out	8 10a NHMHPA- Meeting (Zoom) 11a Cooking Lessons 12p Lunch Social 1p Creative Art 2p Game Time!	9 10a Meal Planning 11a Shopping Trip & Budgeting 1p Self Care 2p Coping Skills	10 10a Check In 11a Breaking Bad Habits 12p Ice Breakers 1p Activities of Daily Living 2p Laughing Group	11 10a End of week Check-In 11a Creative Writing 12p Stress Management 1p Let's Move (basketball, walk, park etc.)
	14 10a Meditation 11a Walk & Talk 12p Personal Values 1p Goals for the week 2p Check Out	15 10a NHMHPA Meeting (via Zoom) 12p Lunch Social 1p Creative Art 2p Game Time!	16 10a Meal Planning 11a Budgeting 12p Mindfulness Practices 1p Self Care 2p Coping Skills	17 10a Check In 11a Breaking Bad Habits 12p Ice Breakers 1p Activities of Daily Living 2p Laughing Group	18 STAFF APPRECIATION DAY- Centers Closed
	21 10a Meditation 11a Walk & Talk 12p Personal Values 1p Goals for the week 2p Check Out	22 10a Check In 11a Cooking Lessons 12p Lunch Social 1p Creative Art 2p Game Time!	23 10a Meal Planning 11a #Oral Health Matters Gail Brown, MSW, JD 1p Self Care 2p Coping Skills	24 10a Check In 11a Breaking Bad Habits 12p Ice Breakers 1p Activities of Daily Living 2p Laughing Group	25 COOKOUT @ Laconia Center Games, Music & Sunshine 
	28 10a Meditation 11a Walk & Talk 12p Personal Values 1p Goals for the week 2p Check Out	29 10a Check In 11a Cooking Lessons 12p Lunch Social 1p Creative Art 2p Game Time!	30 10a Meal Planning 11a Budgeting 12p Mindfulness Practices 1p Self Care 2p Coping Skills	31 10a Check In 11a Breaking Bad Habits 12p Ice Breakers 1p Activities of Daily Living 2p Laughing Group	