




# ONE PEER TO ANOTHER - LACONIA

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

JULY 2025

<p><b>IMPORTANT INFORMATION:</b></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) &amp; the Substance Abuse &amp; Mental Health Services Administration (SAMHSA)</p> 	Monday	Tuesday	Wednesday	Thursday	Friday
		1 10a Check In 11a Cooking Lessons 12p <b>Lunch Social</b> 1p <b>Time Management</b> 2p Game Time!	2 10a Meal Planning 11a <b>Art w/Mona</b> 1p Self Care 2p Coping Skills	3 10a Check In 11a Breaking Habits 12p Ice Breakers 1p Personal Values 2p Laughing Group	4 CENTERS CLOSED 
	7 10a <b>Community/Member Meeting</b> 11a Walk & Talk 12p Healthy Eating 1p Goals for the week 2p Check Out	8 10a <b>NHMHPA- Peers Connecting w/Peers (Via Zoom)</b> 11a Cooking Lessons 12p <b>Lunch Social</b> 1p <b>Time Management</b> 2p Game Time!	9 10a Meal Planning 11a <b>Art w/Mona</b> 11a <b>Shopping Trip &amp; Budgeting</b> 1p Self Care 2p Mindfulness Practices	10 10a Check In 11a Breaking Habits 12p Ice Breakers 1p Personal Values 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 Healthy Eating 1p Goals for the week 2p Check Out	15 10a <b>NHMHPA Meeting (via Zoom)</b> 12p <b>Lunch Social</b> 1p <b>Time Management</b> 2p Game Time!	16 10a Meal Planning 11a <b>Art w/Mona</b> 1p Self Care 2p Mindfulness Practices	17 10a Check In 11a Breaking Habits 12p Ice Breakers 1p Personal Values 2p Laughing Group	18 <b>STAFF APPRECIATION DAY- Centers Closed</b>
	21 10a Meditation 11a Walk & Talk 12p Healthy Eating 1p Goals for the week 2p Check Out	22 10a Check In 11a Cooking Lessons 12p <b>Lunch Social</b> 1p <b>Time Management</b> 2p Game Time!	23 10a Meal Planning 11a <b>Art w/Mona</b> 11a <b>Shopping Trip &amp; Budgeting</b> 1p Self Care 2p Mindfulness Practices	24 10a Check In 11a Breaking Habits 12p Ice Breakers 1p Personal Values 2p Laughing Group	25 <b>COOKOUT @ Center Games, Music &amp; Sunshine</b> 
	28 10a Meditation 11a Walk & Talk 12p Healthy Eating 1p Goals for the week 2p Check Out	29 10a Check In 11a Cooking Lessons 12p <b>Lunch Social</b> 1p <b>Time Management</b> 2p Game Time!	30 10a Meal Planning 11a <b>Art w/Mona</b> 1p <b>#Oral Health Matters Gail Brown, MSW, JD</b> 2p Mindfulness Practices	31 10a Check In 11a Breaking Habits 12p Ice Breakers 1p Personal Values 2p Laughing Group	