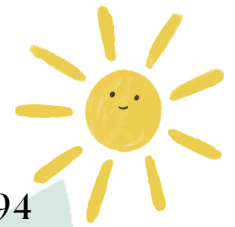




June Calendar



ONE PEER TO ANOTHER-CONCORD

22 BRIDGE ST UNIT 15, CONCORD, NH 03301 (603) 224-0894

<p>MONDAY 1</p> <p>10:00am Coffee Hour 11:00 Self Care 12:00pm BYOL 1:00 Vision Boards</p>	<p>TUESDAY 2</p> <p>10:00 Check In 11:00 Mindful Journaling 12:00 Lunch Social & Community/Member Meeting 🌮🥗 2:00pm Check Out</p>	<p>WEDNESDAY 3</p> <p>10:00am Rise & Regulate 11:00am Mindful Journaling 12:00pm Downtown w/Peers 2:00 Wellbeing Group</p>
<p>8</p> <p>10:00am Coffee Hour 11:00 Self Care 12:00pm BYOL 1:00 Vision Boards</p>	<p>9</p> <p>10:00 Morning Meditation 11:00 Mindful Journaling 12:00 Lunch Social 2:00pm Natural Solutions to Joint Pain FREE lunch & Q&A @ Sellar Chiropractic</p>	<p>10</p> <p>10:00am Rise & Regulate 11:00am Mindful Journaling 12:00pm Downtown w/Peers 2:00 Wellbeing Group</p>
<p>15</p> <p>10:00am Coffee Hour 11:00 Self Care 12:00pm BYOL 1:00 Vision Boards</p>	<p>16</p> <p>10:00am Morning Meditation 11:00 Positive Thinking 12:00 Lunch Social 🌮🥗 2:00 Check Out</p>	<p>17</p> <p>10:00am Rise & Regulate 11:00am Mindful Journaling 12:00pm Downtown w/Peers 2:00 Wellbeing Group</p>
<p>22</p> <p>10:00am Coffee Hour 11:00 Self Care 12:00pm BYOL 1:00 Vision Boards</p>	<p>23</p> <p>10:00am NH Mental Health Peer Alliance* 11:00 Positive Thinking 12:00 Lunch Social & Clean Up 🌮🥗 2:00 Check Out</p>	<p>24</p> <p>10:00am Rise & Regulate 11:00am Mindful Journaling 12:00pm Downtown w/Peers 2:00 Wellbeing Group</p>
<p>29</p> <p>10:00am Coffee Hour 11:00 Weekly Goals 12:00pm BYOL 1:00 Paper Crafts</p>	<p>30</p> <p>10:00am Check In 11:00 Positive Thinking 12:00 Lunch Social & Clean Up 🌮🥗 2:00pm Check Out</p>	

THURSDAY

FRIDAY

<p style="text-align: right;">4</p> <p>10:00 Life Skills 11:00am Ice Breakers 12:00pm Art w/Cheryl 2:00pm Check Out</p>	<p style="text-align: right;">5</p> <p>10:00am Weekend Ready 11:00am Game Time! 12:00pm Skills for Success* 1:00pm Friday Film</p>
<p style="text-align: right;">11</p> <p>Professional Development Day/ Centers CLOSED</p>	<p style="text-align: right;">12</p> <p>10:00am Weekend Ready 11:00am Game Time! 12:00pm Skills for Success* 1:00pm Friday Film</p>
<p style="text-align: right;">18</p> <p>10:00 Life Skills 11:00am Ice Breakers 12:00pm Art w/Cheryl 2:00pm Check Out</p>	<p style="text-align: right;">19</p> <p>Juneteenth Centers CLOSED</p>
<p style="text-align: right;">25</p> <p>FIELD TRIP Odiorne Point Ocean Adventure 🌲☀️🏖️ (sign up by 6/5!) Pack lunch & beach gear</p>	<p style="text-align: right;">26</p> <p>10:00am Weekend Ready 11:00am Game Time! 12:00pm Skills for Success* 1:00pm Friday Film</p>
<p>Board of Directors Meeting 6pm 6/25 call for link!</p>	<p>Community/Member Meeting 6/2 @ 12pm</p>

IMPORTANT INFORMATION:

**Local Warmline:
1-800-306-4334
7/365 days 5pm-10pm
For when you need to
talk to someone!**

**Local Mental Health
Agency:
Lakes Region Mental
Health Center
603-524-1100**

**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 and
Mental Health
Services
Administration
(SAMHSA)**