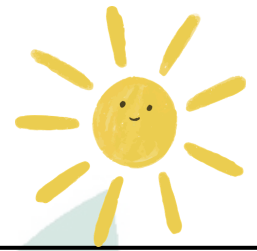


June Calendar



ONE PEER TO ANOTHER-LACONIA
328 UNION AVE. LACONIA, NH 03246 (603) 528-7742

MONDAY 1 10:00am Coffee Hour 11:00 Self Care 12:00pm BYOL 1:00 Vision Journals	TUESDAY 2 10:00 AM Movement 11:00 Mindful Journaling 12:00 Lunch Social & Community/Member Meeting 2:00pm Check Out	WEDNESDAY 3 10:00am Rise & Regulate 11:00am Art w/ Mona 1:00pm Teams Trivia! 2:00 Wellbeing Group
8 10:00am Coffee Hour 11:00 Self Care 12:00pm BYOL 1:00 Vision Journals	9 10:00am Morning Movement 11:00 Mindful Journaling 12:00 Lunch Social 2:00pm Check Out	10 10:00am Rise & Regulate 11:00am Art w/ Mona 1:00pm Van Shopping Trip* (call or sign up ahead of time to reserve seat!)
15 10:00am Coffee Hour 11:00 Self Care 12:00pm BYOL 1:00 Vision Journals	16 10:00am Morning Movement 11:00 Mindful Journaling 12:00 Lunch Social & Clean Up 2:00 Check Out	17 10:00am Rise & Regulate 11:00am Art w/ Mona 1:00pm Teams Trivia! 2:00 Wellbeing Group
22 10:00am Coffee Hour 11:00 Self Care 12:00pm BYOL 1:00 Vision Journals	23 10:00am NH Mental Health Peer Alliance* 11:00 Mindful Journaling 12:00 Lunch Social & Clean Up 2:00 Walk & Talk	24 10:00am Rise & Regulate 11:00am Art w/ Mona 1:00pm Van Shopping Trip* (call or sign up ahead of time to reserve spot)
29 10:00am Coffee Hour 11:00 Weekly Goals 12:00pm BYOL 1:00 Vision Journals	30 10:00am Check In 11:00 Mindful Journaling 12:00 Lunch Social & Clean Up 2:00pm Walk & Talk	

THURSDAY

FRIDAY

4	<p>10:00 Life Skills 11:00am Ice Breakers 12:00pm BYOL & BINGO 2:00pm Check Out</p>	5	<p>10:00am Weekend Ready 11:00am Connecting Outdoors 12:00pm Skills for Success* 2:00pm Game Time!</p>
11	<p>Professional Development Day/ Centers CLOSED</p>	12	<p>10:00am Weekend Ready 11:00am Connecting Outdoors 12:00pm Skills for Success* 2:00pm Game Time!</p>
18	<p>10:00 Life Skills 11:00am Ice Breakers 12:00pm BYOL & BINGO 2:00pm Check Out</p>	19	<p>Juneteenth Centers CLOSED</p>
25	<p>FIELD TRIP Odiorne Point Ocean Adventure  (sign up by 6/18!) Pack lunch & beach gear</p>	26	<p>10:00am Weekend Ready 11:00am Connecting Outdoors 12:00pm Skills for Success* 2:00pm Game Time!</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)**