

June Newsletter

ONE PEER TO ANOTHER

June 2025



One Peer to Another wishes you warmth and sunshine in June!

☀️ Welcome to the June Edition of One Peer to Another's Newsletter! 🌻

As we step into the heart of the year, June brings with it longer days, warmer sunshine, and renewed energy for connection and growth. It's a time of transition—a moment to pause, reflect, and embrace the journey ahead, both individually and together.

In this issue, we're shining a light on Pride Month, Men's Health Awareness, and the many ways peer support continues to uplift and empower our community. You'll find inspiring personal stories, upcoming group events, and practical wellness tips to help you navigate the season with strength and support.

Whether you're taking your first steps toward healing or walking beside others on their path, this month reminds us: we are never alone.

Let's welcome the season with open hearts and open minds. 🌿

*Together, we rise. Together, we heal,
at One Peer to Another*

In this newsletter
you can expect:

Events at One
Peer to Another

Mental Health
Awareness
Month Info

Local Resources

Contact Info for
our Staff at One
Peer

Events in the
Community

One Peer to Another Events

- June 2nd- Community/Member Meetings (for your input as members!)
- June 4th- Centers Closed for Employee Training
- June 19th- Centers CLOSED for Holiday- Juneteenth/Freedom Day
- Every Wednesday @ Laconia Center @ 11 Art w/Mona
- Every other Wednesday Budgeting & Shopping Trip @11am (both centers)
- Every Tuesday Community Lunch!
- June 27th- FIELD TRIP- Ellacoya State Park 🌲🐻 (sign up by 6/20!)
- June 21st & 22nd 10a-5pm & 11a-4pm ART SHOW @ Leavitt Park

Events in the Community



ART at Leavitt Park

ART SHOW
JUN Sat 10am to 5pm
21-22 Sun 11am to 4pm

Beautiful Fine Arts from Local Artists

LOCATION
Leavitt Park Clubhouse
344 Elm St - Laconia, NH 03246

A portion of our proceeds will benefit One Peer to Another

Mark "Going Here" 

All Welcome
-Artwork will be available for sale
-Food + Live Musicians +Gorgeous Floral Bouquets
<https://conta.cc/38cH7no>



Bark Market June 7th 10am-3pm

#SupportLocalArtists

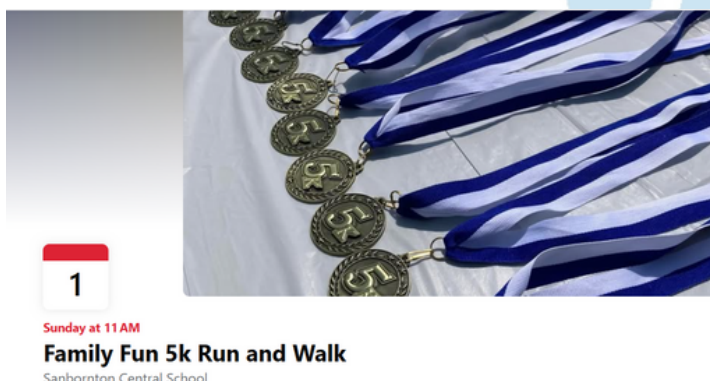
DOGS LIFE
NH DOG ART EXHIBITION
At the Bark Market

#DogFriendlyNewHampshire

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Saturday, June 7, 2025 at 10 AM - 3 PM

NH Artist - Dog Art Exhibition @The Bark Market
Canine Connection - Laconia



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Sunday at 11 AM

Family Fun 5k Run and Walk
Sanbornton Central School



Eat Well, Live Better
A 12-Week Nutrition Program

JUGGERNAUT FITNESS
OF NEW HAMPSHIRE

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Saturday, June 21, 2025 at 11 AM

Eat Well, Live Better: A 12-Week Nutrition Program
24 Lexington Dr, Laconia, NH, United States, New Hampshire 03246

MENTAL HEALTH AWARENESS IN JUNE



HONORING PRIDE MONTH – UPLIFTING EVERY VOICE

June is Pride Month—a time to celebrate the strength, courage, and contributions of the LGBTQIA+ community. It's more than a celebration; it's a recognition of the ongoing journey toward equality, visibility, and acceptance. For many, Pride is also a deeply personal reminder of resilience in the face of adversity.

At One Peer to Another, we believe everyone deserves to feel safe, supported, and empowered to live as their authentic selves. Peer support means standing with one another, sharing stories without judgment, and creating spaces where all identities are respected and uplifted.

This month, and every month, we stand in solidarity.
Because healing happens when we are seen, heard, and celebrated, exactly as we are.



Men's Mental Health Awareness – Breaking the Silence

June is Men's Mental Health Awareness Month—a time to shine a light on the often-overlooked struggles men face when it comes to mental health. Social stigma, cultural expectations, and the pressure to "stay strong" can keep many men from speaking up or seeking the support they need.

At One Peer, we know that strength isn't about silence, it's about honesty, connection, and asking for help when it's needed. Mental health challenges don't discriminate, and no one should have to face them alone.

This month, we honor the courage it takes to open up. We're here to listen, to walk beside you, and to remind every man that it's okay to not be okay—and there is strength in reaching out.

Let's start the conversation. Let's end the stigma. Together.

Warmline Support & Local Resources

New Hampshire Rapid Response Access Point 1-833-710-6477

This helpline is responsible for a centralized contact center for individuals experiencing a mental health and/or substance use crisis. The contact center consolidates and streamlines access to mental health and substance use disorder services when you need it most. This service is for the individual or family members.

One Peer to Another Warmline Warmline operates 5pm - 10pm 1-800-306-4334

Operates 7-days a week 365/year including holidays. The Warmline is to help keep people connected and supported during difficult times when the centers are closed. Our operators are paid peers and not professionals.

Resources 211

Provides help with Mental Health and Substance Misuse it is NH's first statewide, comprehensive, information and referral services. Thanks to a unique coalition of non-profit government, corporate and volunteer partners, New Hampshire residents need only dial 211 to be connected, at no cost, with trained information and Referral Specialists who can help provide them with the health and human service information they need to get help, give help, or discover options.

The Substance Abuse and Mental Health Services Administration (SAMHSA) 988

The agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. This service is for individuals and families needing help. You can call or text 988.

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WARMLINE: (800) 306-4334, 5-10 pm, 7 days per week
