

# June Newsletter

# ONE PEER TO ANOTHER

June 2026



Dear Readers,

June is finally here and the sun is finally out! We are looking forward to getting out in the sunshine and taking care of our mental health.

At One Peer we recognize that June is an important time to recognize several mental health awareness observances that encourage understanding, and connection within our community. Men's Mental Health Awareness Month reminds us of the importance of breaking stigma and creating safe spaces where men feel supported in talking about depression, anxiety, stress, trauma, and emotional wellness. June is also Post-Traumatic Stress Disorder Awareness Month, bringing attention to the impact trauma can have on individuals, families, veterans, first responders, and survivors throughout our communities. In addition, PTSD Awareness Day highlights the importance of education, compassion, and access to support for those living with PTSD.

Peer support plays a vital role in recovery by offering understanding, hope, and connection through shared lived experience. This month, we encourage everyone to check in with themselves and others, continue conversations around mental wellness, and remember that no one has to face challenges alone. Together, we can help build a stronger, more supportive community where healing and recovery are possible for all.

Warm regards,

*One Peer to Another*

In this  
newsletter  
you can expect:

---

June Events  
at One Peer  
to Another

---

Events in the  
Community

---

Local  
Resources

---

Contact Info  
for our Staff  
at One Peer

---

Mental  
Health  
Awareness  
in June

---

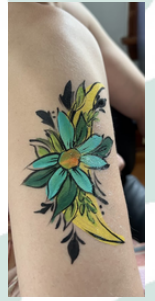
# One Peer to Another June Events

- June 2nd- **12pm Community/Member Meeting & Lunch Social** 🍴
- June 10th & 24<sup>th</sup>- Van Shopping Trip 🚐 @Laconia Center @1pm (sign up before)
- June 23rd- 10AM NH Mental Health Peer Alliance (via Zoom)
- Every Tuesday @12 - Lunch Social 🍴
- Every Wednesday @ Laconia Center @ 11 Art w/Mona 🎨
- Every Wednesday in Concord @ 1pm- Downtown w/Peers 🧑🏻♂️➡️🧑🏻♀️➡️
- Art w/Cheryl in Concord @ 1pm every Thursday 🎨
- June 25th- FIELD TRIP to Odiorne Point 🌲🍷 SIGN UP for rides by 6/18th
- June 11<sup>th</sup>- Professional Development Day/Centers CLOSED
- June 19th- Centers CLOSED- Juneteenth
- June 25th- **Board of Directors Meeting at 6pm (call for link)**

# Recent Happenings @ One Peer



## Arts & Crafts at One Peer



## Franklin Falls Dam & Trestle View Park Field Trip



## Laconia Walk & Talk



# Events in the Community

## All About Recovery

A 12-STEP MEETING FOR RECOVERY FROM ALL SUBSTANCES

1 hr meeting

Free & Open to the Public

**Tuesday's 7:00 PM** 102 Court Street Laconia NH 03246

**FREE Pizza** generously provided by **South End PIZZA**

For More Information: (603) 524-5939

NAVIGATING RECOVERY OF THE LAKES REGION

## HOPE IN THE DARK

# NA MEETING

EVERY THURSDAY @ 7:00 PM

745 N. MAIN STREET LACONIA, NH 03246 (PAUGUS BAY BEHAVIORAL HEALTH OFFICE)

Find strength, connection, and hope — you're not alone.

## RECOVERY JOBS FOR BEGINNERS: Leading with Lived Experience

Free, five-week professional development series for providers with lived experience in Maine, New Hampshire, and Vermont

5:30 - 7 P.M. Thursdays, June 11 - July 9

5 FREE Virtual Sessions

Who should attend?

- Health care workers with lived experience of substance use/mental health challenges.
- Anyone in the health care field, including volunteers, with an interest in behavioral health.
- Providers who want to grow their skills.

Strategies for Team-based Care

Plan Your Career Path

Get a Mentor Who's Been There

REGISTER NOW 

MCD   

Supported through Technology-enabled Collaborative Learning Program and the Moore Recovery Council

## The MARKET AT WEIRS

LOCAL PRODUCTS

Saturdays, May-October. 10 AM - 1 PM

49 Lucerne Ave. At The Weirs Community Park

## CONCORD FARMERS' MARKET

Capitol St. Saturdays 9:30 - Noon May thru October

## 2026 SBI EAST COAST WATERCROSS TOUR

# LACONIA, NH

## JUNE 5-7

Logos: NISSA, SBI, ACQUITA, MIX 94.1, COHEN FARM, NESTLE, LAKE LIFE, MITSUBISHI, LG

## Concord Arts Market

### ARTS 2026 EVENTS

in the Park ROLLINS PARK 10AM - 3PM

DOWNTOWN Markets FIRST FRIDAYS

MAY 1

NOV 6

MARKET DAYS Festival

JUN 25-27

JUN 6

JUL 11

AUG 8

SEP 12

OCT 10

and more to be announced soon! Subscribe for updates

ConcordArtsMarket.org    

## BEANS & GREENS FARM INVITES YOU TO JOIN THE STRAWBERRY Festival

June 27th & 28th 9:00 AM - 4:00 PM

WITH A PORTION OF THE PROCEEDS GOING TO 603 UNITED

LOCAL VENDORS | LIVE MUSIC | DELICIOUS FOOD

WE'RE ACCEPTING VENDOR SIGN-UPS!

EMAIL OUR TEAM AT [EVENTS.BEANSANDGREENSFARM@GMAIL.COM](mailto:EVENTS.BEANSANDGREENSFARM@GMAIL.COM)

Beans & Greens Farm 245 INTERVALE RD, GILFORD, NH 03249

## RABIES, DISTEMPER & MICROCHIP CLINIC

MY BEST FRIEND COMMUNITY PET CLINIC AT NEW HAMPSHIRE HUMANE SOCIETY

NIHUMANE.ORG/CLINIC

KEEP YOUR PETS HEALTHY. KEEP THEM SAFE.

Affordable vaccines and microchipping for cats and dogs.

**JUNE 6TH, 2026**

9:00 - 11:00 AM

SCAN TO SIGN UP! 

VACCINES Rabies Distemper

MICROCHIPS Help your pet find their way home.

FOR CATS & DOGS Open to all community pets

NEW HAMPSHIRE HUMANE SOCIETY 1305 Meredith Center Road

Helping pets. Supporting people. Building community.

---

# June Awareness Events



**Men's Mental Health Awareness Month**  
June is Men's Mental Health Awareness Month, a time to recognize the unique mental health challenges many men face and to encourage open, honest conversations about emotional well-being. Social expectations and stigma can make it difficult for men to seek support for depression, anxiety, stress, trauma, or substance use concerns. This month reminds us that reaching out for help is a sign of strength, not weakness. Peer support plays an important role in creating safe spaces where men can share experiences, build connection, and know they are not alone in their recovery journey.



## **Post-Traumatic Stress Disorder Awareness Month**

June is also PTSD Awareness Month, dedicated to increasing understanding of post-traumatic stress disorder and supporting individuals impacted by trauma. PTSD can affect anyone who has experienced or witnessed a traumatic event, including veterans, first responders, survivors of violence, accidents, abuse, or natural disasters. Raising awareness helps reduce stigma and encourages individuals to seek compassionate support, treatment, and connection. Peer support services can offer hope, validation, and shared understanding to those navigating the effects of trauma and recovery.

## **PTSD Awareness Day**

Observed each year on June 27, PTSD Awareness Day shines a light on the importance of recognizing the signs and symptoms of post-traumatic stress disorder and promoting access to care and community support. Education and open dialogue help challenge misconceptions about trauma-related conditions while reminding those affected that healing is possible. On this day, we honor the resilience of individuals living with PTSD and reaffirm our commitment to fostering supportive, trauma-informed communities where every person feels seen, heard, and supported.

---

---

## **Warmline Support & Local Resources**

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

This helpline offers a central contact center for those facing a mental health or substance use crisis, providing quick, coordinated access to services for individuals and families.

### **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 a non-clinical support to keep people connected and supported during difficult times when the centers are closed.

### **Resources 211**

New Hampshire residents can dial 211 for free, confidential help with mental health, substance misuse, and other health and human services. Trained specialists connect callers with the resources they need, thanks to a statewide partnership of nonprofits, government, businesses, and volunteers.

### **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.

### **One Peer to Another, Laconia**

328 Union Ave, Laconia, NH 03246  
603-528-7742

Michelle LaDue, Executive Director

Email: michelle@onepeer.org

Chelsea Baker, Program Director

Email: chelsea.baker@onepeer.org

### **One Peer to Another, Concord**

22 Bridge St. Concord, NH 03301  
603-224-0894

Chelsea Baker, Program Director

Email: chelsea.baker@onepeer.org

Megan Tappan, Program Coordinator

Email: megan@onepeer.org

Erika Whitcomb, Outreach Specialist

Email: erika@onepeer.org

Morgan Frazier, Outreach Coordinator

Email: morgan@onepeer.org

603-528-7742

---