

ONE PEER TO ANOTHER - CONCORD

244 N. Main St. Concord, NH 03301 (603) 224-0894

JUNE 2025

IMPORTANT INFORMATION: Local Warmline: 1-800-306-4334 Open 5–10 PM 7/365 days For when you need someone to talk to! <hr/> Local Mental Health Agency: Riverbend Community Health Inc. (603) 715-5060 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 & Mental Health Services Administration (SAMHSA) 	Monday	Tuesday	Wednesday	Thursday	Friday
	10a Community/Member Meeting 11a Walk & Talk 12p Healthy Eating 1p Goals for the Week 2p Check Out	10a Check In 12p Lunch Social 1p UNH Extension/Nutrition Connections- Food Smarts 2p Game Time!	CENTERS closed for Staff Training 	10a Check In 11a Physical Wellness 12p Ice Breakers 1p Paper Crafts & Clean Up	10a End of week Check-In 11a Creative Writing 12p Stress Management 1p Let's Move
	10a Meditation 11a Walk & Talk 12p Healthy Eating 1p Goals for the week 2p Check Out	10a NHMHPA- Peers Connecting w/Peers 12p Lunch Social 1p UNH Extension/Nutrition Connections- Food Smarts 2p Game Time!	10a Meal Planning 11a Budgeting & Shopping Trip 1p Self Care 2p Coping Skills	10a Check In 11a Physical Wellness 12p Ice Breakers 1p Paper Crafts & Clean Up	10a End of week Check-In 11a Creative Writing 12p Stress Management 1p Let's Move
	10a Meditation 11a Walk & Talk 12p Healthy Eating 1p Goals for the week 2p Check Out	10a-12p NHMHPA Meeting 12p Lunch Social 1p UNH Extension/Nutrition Connections- Food Smarts 2p Game Time!	10a Meal Planning 11a Stories of Resilience 12p Walk & Talk 1p Self Care 2p Coping Skills	CLOSED for Holiday 	10a End of week Check-In 11a Connecting w/Peers 12p Freedom Films & Pizza Social
	10a Meditation 11a Walk & Talk 12p Healthy Eating 1p Goals for the week 2p Check Out	10a Check In 12p Lunch Social 1p UNH Extension/Nutrition Connections- Food Smarts 2p Game Time!	10a Meal Planning 11a Budgeting & Shopping Trip 1p Self Care 2p Coping Skills	10a Check In 11a Physical Wellness 12p Ice Breakers 1p Paper Crafts & Clean Up	FIELD TRIP Ellacoya State Park Sign up by 6/20 📍 📅
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