

# ONE PEER TO ANOTHER - LACONIA

328 Union Ave. Laconia, NH 03246 | (603) 528-7742

## JUNE 2025

<b>IMPORTANT INFORMATION:</b>  <u>Local Warmline:</u> 1-800-306-4334 Open 5-10 PM 7/365 days For when you need someone to talk to!  <hr/> <u>Local Mental Health Agency:</u>  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 & Mental Health Services Administration (SAMHSA)  	Monday	Tuesday	Wednesday	Thursday	Friday
	<div>2</div> <div>10a <b>Community/Member Meeting</b></div> <div>11a Walk &amp; Talk</div> <div>12p Healthy Eating</div> <div>1p Goals for the Week</div> <div>2p Check Out</div>	<div>3</div> <div>10a Check In</div> <div>11a Cooking Lessons</div> <div>12p <b>Lunch Social</b></div> <div>1p Overall Wellness</div> <div>2p Game Time!</div>	<div>4</div> <div>CENTERS closed for Staff Training</div> <div></div>	<div>5</div> <div>10a Check In</div> <div>11a Physical Wellness</div> <div>12p Ice Breakers</div> <div>1p Social Skills</div> <div>2p All about Music</div>	<div>6</div> <div>10a End of week Check-In</div> <div>11a Creative Writing</div> <div>12p Stress Management</div> <div>1p Let's Move</div>
	<div>9</div> <div>10a Meditation</div> <div>11a Walk &amp; Talk</div> <div>12p Healthy Eating</div> <div>1p Goals for the week</div> <div>2p Check Out</div>	<div>10</div> <div>10a <b>NHMHPA- Peers Connecting w/Peers (Via Zoom)</b></div> <div>11a Cooking Lessons</div> <div>12p <b>Lunch Social</b></div> <div>1p Overall Wellness</div> <div>2p Game Time!</div>	<div>11</div> <div>10a Meal Planning</div> <div>11a <b>Art w/Mona</b></div> <div>11a <b>Shopping Trip &amp; Budgeting</b></div> <div>1p Self Care</div> <div>2p Coping Skills</div>	<div>12</div> <div>10a Check In</div> <div>11a Physical Wellness</div> <div>12p Ice Breakers</div> <div>1p Social Skills</div> <div>2p All about Music</div>	<div>13</div> <div>10a End of week Check-In</div> <div>11a Creative Writing</div> <div>12p Stress Management</div> <div>1p Let's Move</div>
	<div>16</div> <div>10a Meditation</div> <div>11a Walk &amp; Talk</div> <div>12p Healthy Eating</div> <div>1p Goals for the week</div> <div>2p Check Out</div>	<div>17</div> <div>10a <b>NHMHPA Meeting (via Zoom)</b></div> <div>12p <b>Lunch Social</b></div> <div>1p Overall Wellness</div> <div>2p Game Time!</div>	<div>18</div> <div>10a Meal Planning</div> <div>11a <b>Art w/Mona</b></div> <div>1p Self Care</div> <div>2p Coping Skills</div>	<div>19</div> <div>CLOSED for Holiday</div> <div></div>	<div>20</div> <div>10a End of week Check-In</div> <div>11a Connecting w/Peers</div> <div>12p <b>Freedom Films &amp; Pizza Social</b> 📺 🍕</div>
	<div>23</div> <div>10a Meditation</div> <div>11a Walk &amp; Talk</div> <div>12p Healthy Eating</div> <div>1p Goals for the week</div> <div>2p Check Out</div>	<div>24</div> <div>10a Check In</div> <div>11a Cooking Lessons</div> <div>12p <b>Lunch Social</b></div> <div>1p Overall Wellness</div> <div>2p Game Time!</div>	<div>25</div> <div>10a Meal Planning</div> <div>11a <b>Art w/Mona</b></div> <div>11a <b>Shopping Trip &amp; Budgeting</b></div> <div>1p Self Care</div> <div>2p Coping Skills</div>	<div>26</div> <div>10a Check In</div> <div>11a Physical Wellness</div> <div>12p Ice Breakers</div> <div>1p <b>Tie Dye Group (bring a white shirt)</b></div>	<div>27</div> <div><b>FIELD TRIP</b></div> <div><b>Ellacoya State Park</b></div> <div><b>Sign up by 6/20</b> 📍 📅</div>
	<div>30</div> <div>10a Meditation</div> <div>11a Walk &amp; Talk</div> <div>12p Healthy Eating</div> <div>1p Goals for the week</div> <div>2p Check Out</div>				