


ONE PEER TO ANOTHER - LACONIA

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

SEPTEMBER 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>IMPORTANT INFORMATION:</p> <p><u>Local Warmline:</u> 1-800-306-4334 Open 5-10 PM 7/365 days For when you need someone to talk to!</p> <hr/> <p><u>Local Mental Health Agency:</u></p> <p>Lakes Region Mental Health Center (603) 524-1100</p> <hr/> <p>CALL OR TEXT 988</p> <p>24/7/365 days For when you are in crisis, feeling suicidal, or need professional assistance!</p> <p>Funding for Peer Support Agencies comes from the: NH Department of Health and Human Services (DHHS) & the Substance Abuse & Mental Health Services Administration (SAMHSA)</p> 	<p>CLOSED LABOR DAY</p> <p>2</p>	<p>3</p> <p>10a Inspirational Stories 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>	<p>4</p> <p>10a TED TALK 11a Art with Mona 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p> 	<p>5</p> <p>10a SMART GOALS 11a Empathy 12p Computer Skills 1p Rock Painting 2p Laughing Group 5-6:30 Recovery Group (Laconia center)</p>	<p>6</p> <p>10a Self Kindness 11a Healthy Relationships 12p Music Trivia 1p Smoothie and Movie</p>
	<p>9</p> <p>10a Community/Member Meeting 11a Creative Art & Talk 12p Let's Move! 1p Rock Painting 2p Stress Management</p>	<p>10</p> <p>10a Inspirational Stories 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>	<p>11</p> <p>10a TED TALK 11a Art with Mona 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p> 	<p>12</p> <p>10a SMART GOALS 11a Empathy 12p Computer Skills 1p Rock Painting 2p Laughing Group 5-6:30 Recovery Group (Laconia center)</p>	<p>13</p> <p>10a Self Kindness 11a Healthy Relationships 12p Music Trivia 1p Positive Affirmations 2p Socialization Skills</p>
	<p>16</p> <p>10a How was your weekend? 11a Creative Art & Talk 12p Let's Move! 1p Rock Painting 2p Stress Management</p>	<p>17</p> <p>10a NHMHPA Meeting (join with Zoom @ centers) 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>	<p>18</p> <p>10a TED TALK 11a Art with Mona 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p> 	<p>19</p> <p>10a SMART GOALS 11a Empathy 12p Computer Skills 1p Let's Move 2p Laughing Group 5-6:30 Recovery Group (Laconia center)</p>	<p>20</p> <p>FIELD TRIP Audubon Society</p> 
	<p>23</p> <p>10a How Was Your Weekend? 11a Creative Art & Talk 12p Let's Move! 1p Advocacy 2p Stress Management</p>	<p>24</p> <p>10a Inspirational Stories 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>	<p>25</p> <p>10a TED TALK 11a Art with Mona 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p> 	<p>26</p> <p>10a SMART GOALS 11a Empathy 12p Computer Skills 1p Let's Move 2p Laughing Group 5-6:30 Recovery Group (Laconia center)</p>	<p>27</p> <p>10a Inner Healing 11a Healthy Relationships 12p Music Trivia 1p Positive Affirmations 2p Socialization Skills</p>
	<p>30</p> <p>10a How Was Your Weekend? 11a Creative Art & Talk 12p Let's Move! 1p Advocacy 2p Stress Management</p>	<p>31</p> <p>10a Inspirational Stories 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>			