

May Newsletter

ONE PEER TO ANOTHER

◆
May 2025



One Peer to Another wishes you a bright and welcoming May!

🌱 *May Newsletter: Mental Health Awareness Month – Growing Stronger, Together* 🌱

Welcome to the May edition of the One Peer to Another Newsletter! As the days get brighter, we're shining a light on something just as important—mental health. May is Mental Health Awareness Month, a time to break the stigma, share stories, and remind each other that no one has to go through hard times alone.

In this issue, we're highlighting Mental Health awareness and how Peer Support plays a powerful role in healing and connection. You'll find community and One Peer to Another events and trips. Activities for well-being, and ways to get involved in creating a more compassionate and understanding community.

Let's keep building a space where it's okay to not be okay—and where support is always just a conversation away.

*With care,
One Peer to Another*

In this newsletter
you can expect:

Events at One
Peer to Another

Previous Trips
and activities

Mental Health
Awareness Info

Local Resources
& Contacts for
our Staff

Events in the
Community

One Peer to Another Events

- May 5th- Community/Member Meetings (for your input as members!)
- May 2nd- Centers Closed for Employee Spring Clean Up
- May - every Wednesday @ 11 Art Group & Shopping Trips
- Every Friday- Park/Basketball Group
- Every Tuesday Community Lunch!
- May 23rd- Concord Field Trip to Bear Brook State Park (sign up by 5/16th) 🌲 🐻
- May 23rd- Laconia Field Trip- Cookout at the Center 🍔 🌭



WALKED THE LAVERACK TRAIL IN MEREDITH, STOPPED FOR ICE CREAM AFTER!

Recent One Peer to Another Events



BOWLING TRIP AT FUNSPOT!



EASTER PARTY IN LACONIA WITH FRIENDS!



VISITED DARBSTER DOGGY FOR A PUPPY PLAY DAY!

Events in the Community

The 11th Annual
Concord Mom Prom
Goes
Hollywood Glam

May 9, 2025 - 7-11 p.m.
Crappone Conference Center - Concord, NH

Not JUST for Moms – enjoy a ladies-only night out to benefit local nonprofit. Hearts for Kindness! Must be 18+ to attend.

PARTY BIRDS \$60 TICKET
Includes DJ, light appetizers (served at 7 p.m.) & photo booth. Cash bar available.

Guarantees your seating for \$150 for a table w/ 10 chairs! Entry not included.

Tickets available at concordmomprom.com OR contact Brenda at 603-888-6863!

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May 17 at 8 AM – May 18 at 4 PM

Flea Market at Leavitt Park
334 Elm Street, Laconia, NH, 03246-2384, United States

21ST ANNUAL CHOOSE FRANKLIN COMMUNITY DAY

Saturday, May 10th, 2025 - Odell Park, Franklin - 10AM-2PM

Highlighted Activities:

- Parade at 10AM from Franklin High School to Odell Park
- Visit with vendors and community partners until 2pm
- Rock wall, bungee jump, bounce houses AND MORE!!!

We are accepting vendor registrations until April 20th. Registrations received after April 21st will be charged a late fee.

For more information, please visit <https://www.franklinnh.org/parks-recreation/pages/community-day> or contact Krystal at 603-934-2118! See you there!!

SHELLY MEEKS
WELL BALANCED MASSAGE
(603) 419-3450
WELLBALANCEDMASSAGELAKESREGION@GMAIL.COM

THE 3RD ANNUAL Lakes Region HEALTH & WELLNESS EXPO

SATURDAY, MAY 24TH 2025

WHEN: Show Starts: 10:00 AM
Show Ends: 3:00 PM

WHERE: MEREDITH COMMUNITY CENTER
1 Circle Dr., Meredith, NH 03253

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Saturday, May 24, 2025 at 10AM – 3PM

3rd Annual Lakes Region Health & Wellness Expo
Meredith Parks and Recreation

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Saturday, May 17, 2025 at 8:30 AM – 12 PM

Concord Farmers Market
Concord Farmers' Market, NH

MAY IS MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month—a time to raise awareness, foster understanding, and advocate for the mental well-being of all. At One Peer to Another, we believe that connection and shared experience are powerful tools for healing. Our peer support specialists, who have walked their own paths to recovery, offer hope to others navigating mental health challenges.

Mental health affects us all. In the United States, 1 in 5 adults experience mental illness each year. Yet over 50% of people with mental illness do not receive treatment, often due to stigma, lack of access, or fear of judgment. Peer support can be a vital bridge—providing empathy, trust, and community that traditional systems may not always offer.

This month, we reaffirm our commitment to empowering individuals through lived experience and shared resilience. Let's work together to break the silence, challenge the stigma, and remind each other that recovery is possible—and no one has to face it alone.

Join us in spreading awareness, promoting compassion, and supporting healing.

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.

One Peer to Another, Laconia

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