

May Newsletter

ONE PEER TO ANOTHER

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May 2026



Dear Readers,

May is finally here! May is also Mental Health Awareness Month, One Peer take this as an opportunity for our peers and guests to take a time to appreciate our community, have a time for reflection and awareness.

May is a time when many of us begin to feel a shift with the longer days, warmer weather, and new opportunities to reconnect with ourselves and others. Whether it's reaching out to someone, sharing your story, or simply showing up, each step contributes to healing and community.

This month, we encourage you to take advantage of the support, daily groups, and resources available. Peer support is built on mutual understanding and respect, and every voice in our community plays a role in making it stronger.

We also recognize that May can be a challenging time for some. If you're struggling, please remember you are not alone. Support is here, and there are people who care and are ready to listen.

Thank you for being part of One Peer to Another! Your courage, resilience, and willingness to connect continue to inspire us all.

Wishing you a safe, supported, and hopeful month ahead.

Warm regards,

One Peer to Another

In this
newsletter
you can expect:

May Events
at One Peer
to Another

Events in the
Community

Local
Resources

Contact Info
for our Staff
at One Peer

Mental
Health
Awareness
Month

One Peer to Another May Events

- May 5th- 12pm **Community/Member Meeting & Lunch Social** 🍴
- May 6th & 20th- Van Shopping Trip 🚗 @Laconia Center @1pm (sign up before)
- May 19th- 10AM NH Mental Health Peer Alliance (via Zoom)
- Every Tuesday @12 - Lunch Social 🍴
- Every Wednesday @ Laconia Center @ 11 Art w/Mona 🎨
- Every Friday in Concord @ 1pm- Downtown w/Peers 🚶♂️➡️🚶♀️➡️
- Art w/Cheryl in Concord @ 1pm every Thursday 🎨
- May 22nd- FIELD TRIP to Franklin Falls 🌲🍷 SIGN UP for rides by 5/15!
- May 25th - Centers CLOSED-Memorial Day ⭐⭐
- May 28th- **Board of Directors Meeting at 6pm (call for link)**

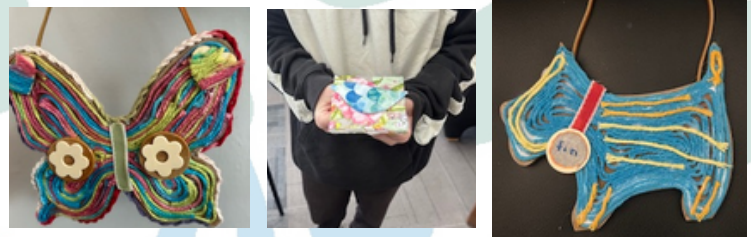
March Field Trip to our local NH Humane Society



Recent Happenings @ One Peer



Arts & Crafts at One Peer



Laverack Trail in Meredith Field Trip -April



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.

Meet the Babies

Spring is here, and so are our baby farm animals!

We will have baby piglets, goats, bunnies, and of course, Gus the Goose!

Join us in an interactive, up close and personal meeting with our new friends here at

BEANS and GREENS FARM

SUNDAY, MAY 3RD
10AM-12PM & 1PM-2PM

\$6 PER PERSON

After meeting with our furry animals, stop by our store and cafe to see all the new products we currently have available!

For more info, visit: Beansandgreensfarm.com
603-293-2853

scan QR Code to reserve your time

A Book Study of Cool, Calm & Connected

By Martha B. Straus, PhD

Decades of research on human development have shown that when kids get overwhelmed, or are struggling to control emotional meltdowns, they learn how to calm themselves only *after* having plenty of experience with the supportive engagement of a caring adult.

They can't calm down unless we show them how it's done. How do we do that? By calming ourselves in order to calm our kids...but that's easier said than done!

"HYBRID SERIES" Participants can choose to attend in person at our office, 719 N. Main St. Laconia OR Virtually Via Zoom

Tuesdays 6:30-8:00pm
6-week series begins May 5, 2026

Topics Covered Include:

- Understanding Co-Regulation
- Calming ourselves in order to help calm our kids
- Co-Regulation Strategies & Activities
- Tips to prevent dysregulation & meltdowns

For participants who attend in person, dinner will be served at 6pm and snacks (children may be invited if reserved at the time of registration).

Register at www.lakesregion.org/registration or scan the QR Code:

NEW HAMPSHIRE HUMANE SOCIETY

COMPASSION TOURNAMENT

SAVING LIVES AT NEW HAMPSHIRE HUMANE SOCIETY

MAY 11, 2026 AT LACONIA COUNTRY CLUB

JOIN OUR TEAM AND WALK OR RUN THE NUCAR 5K TO SUPPORT LAKES REGION MENTAL HEALTH!

nucar Lakes Region 5k of Mental Health

May 18th
Tanger Outlets
Tilton

A 5K Run/Walk/Roll to benefit mental health services

THE DOWNTOWN GYM GEMS

DOWNTOWN GYM TRAINING CENTER
DOWNTOWNGYMLACONIA.COM
603-581-9392 | 171 FAIR ST. LACONIA NH

603 UNITED

SPRING FESTIVAL

BENEFITING 603 UNITED

FREE ENTRY | FOOD TRUCKS | CRAFTERS | FREE PARKING

SAT. MAY 2ND 2026 10AM - 3PM

BELKNAP MARKETPLACE

SAVE THE DATES!

Community Forum Series for Laconia Forward Together

The City of Laconia invites residents, business owners, and community members to participate in three upcoming Community Forums this Spring!

These interactive forums are your opportunity to help shape the future of Laconia. Each event is open house style, with drop-ins encouraged anytime during their duration! Community input gathered at these events will directly inform the City's updated Master Plan — a long-term guide for growth, investment, and decision-making. Forum topics include transportation and mobility, community facilities and services, housing and neighborhood character, economic development, and natural resources and sustainability.

For more information about the Master Plan initiative, visit: www.laconia.nh.gov/341/Master-Plan or SCAN ME to view website

LACONIA FORWARD TOGETHER

Tuesday April 28 4-6 PM at the Laconia Public Library	Thursday May 7 4-6 PM at the Weirs Beach Community Center
Thursday May 14 4-6 PM at the Leavitt Parkhouse	Can't make it to any of the forums? All virtual sessions will be available on the project website!

CONCORD FARMERS' MARKET

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

OPENING DAY PARADE & PICTURES

Saturday, May 9th

Teams meet at White's Park
Rain or Shine

Picture schedule TBD

Nurturing Skills

Developing Empathy & Self-Awareness

"HYBRID COURSE" Participants can choose to attend in person at our office, 719 N. Main St. Laconia, NH OR Virtually via Zoom

For participants who attend evening classes in person, dinner will be served at 6pm and on-site childcare may be available if reserved at the time of registration.

6-week series starting: **May 7, 2026**
Daytime & Evening Classes Available!
Thursdays 10-11:30am OR 6:30-8pm

Register at www.lakesregion.org/registration or scan the QR Code:

The Nurturing Skills Module helps caregivers better understand what empathy is, how it can build connections, and why it is important in nurturing children. Topics covered include recognizing & understanding feelings, helping children learn to cope with uncomfortable feelings, the brain science behind stress, techniques for expressing anger, and healthy communication.

United Way
NEW HAMPSHIRE CHARITABLE FOUNDATION
CHILDREN'S FUND
The Linden Foundation

May Awareness Events



May is Mental Health Awareness Month, a time to recognize the importance of emotional well-being, reduce stigma, and strengthen the ways we support one another. First established in 1949, this month serves as a reminder that mental health is an essential part of overall health and that no one should have to go through those challenges alone.

Mental health concerns are more common than many people realize. In the United States, about 1 in 5 adults experiences a mental health condition each year, and millions still face barriers to accessing care.

Among young people, 1 in 6 youth experience a mental health condition, yet many do not receive the support they need.

These numbers highlight why awareness, compassion, and connection matter, not just in May, but year-round!

There are many simple, meaningful ways to help spread awareness and support a more caring community:

- Start conversations and help normalize talking about mental health
- Check in with a friend, peer, or family member
- Share trusted resources and information
- Practice kindness, patience, and active listening
- Take time for your own well-being and encourage others to do the same

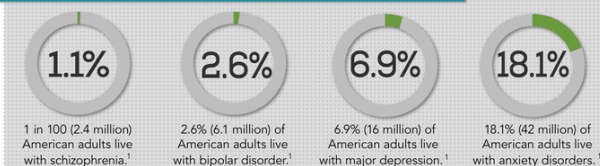
Every small action contributes to a larger understanding. By showing up for ourselves and each other, we help create a community where people feel safe, respected, and supported.

Mental Health Facts IN AMERICA

Fact: 43.8 million adults experience mental illness in a given year.



Prevalence of Mental Illness by Diagnosis



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

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Chelsea Baker, Program Director

Email: chelsea.baker@onepeer.org

One Peer to Another, Concord

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