



ONE PEER TO ANOTHER - LACONIA

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

MAY 2025

IMPORTANT INFORMATION:	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Local Warmline: 1-800-306-4334 Open 5-10 PM 7/365 days For when you need someone to talk to!</p>				<p>1 10a Check In 11a Stress Management 12p Ice Breakers 1p Social Skills 2p Check Out</p>	<p>2 Center Closed for Employee Spring Clean Up in Laconia</p>
<p>Local Mental Health Agency: Lakes Region Mental Health Center (603) 524-1100</p>	<p>5 10a Community/Member Meeting 11a Walk & Talk 12p Healthy Relationships 1p Goal Setting 2p Game Time</p>	<p>6 10a Check In 11a Cooking Lessons 12p Crockpot Social 1p Personal Care & Hygiene 2p Brain Games</p>	<p>7 10a Meal Planning 11a Art w/Mona 1p Self Care 2p Coping Skills</p>	<p>8 10a Check In 11a Stress Management 12p Ice Breakers 1p Social Skills 2p Check Out</p>	<p>9 10a Creative Writing 11a Let's Move 12p Goals Check-In 1p Park & Basketball Outing</p>
<p>CALL OR TEXT 988 24/7/365 days For when you are in crisis, feeling suicidal, or need professional assistance!</p>	<p>12 10a Meditation 11a Walk & Talk 12p Healthy Relationships 1p Setting Goals 2p Game Time</p>	<p>13 10a Check In 11a Cooking Lessons 12p Crockpot Social 1p Personal Care & Hygiene 2p Brain Games</p>	<p>14 10a Meal Planning 11a Art w/Mona 11a Shopping Trip & Budgeting 1p Self Care 2p Coping Skills</p>	<p>15 10a Check In 11a Stress Management 12p Ice Breakers 1p Social Skills 2p Check Out</p>	<p>16 10a Creative Writing 11a Let's Move 12p Goals Check-In 1p Park & Basketball Outing</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>19 10a Meditation 11a Walk & Talk 12p Healthy Relationships 1p Setting Goals 2p Game Time</p>	<p>20 10a Check In 11a Cooking Lessons 12p Crockpot Social 1p Personal Care & Hygiene 2p Brain Games</p>	<p>21 10a Meal Planning 11a Art w/Mona 1p Self Care 2p Coping Skills</p>	<p>22 10a Check In 11a Stress Management 12p Ice Breakers 1p Social Skills 2p Check Out</p>	<p>23 FIELD TRIP- Cookout @ the Center 🍔🍌🌻</p>
	<p>26 CLOSED for Memorial Day </p>	<p>27 10a Check In 11a Cooking Lessons 12p Crockpot Social 1p Personal Care & Hygiene 2p Brain Games</p>	<p>28 10a Meal Planning 11a Art w/Mona 11a Shopping Trip & Budgeting 1p Self Care 2p Coping Skills</p>	<p>29 10a Check In 11a Stress Management 12p Ice Breakers 1p Social Skills 2p Check Out</p>	<p>30 10a Creative Writing 11a Let's Move 12p Goals Check-In 1p Park & Basketball Outing</p>