November Calendar

ONE PEER TO ANOTHER-LACONIA

328 UNION AVE. LACONIA, NH 03246 (603) 528-7742

MONDAY	TUESDAY	WEDNESDAY
2 10:00am Coffee Hour 11:00 **Shopping Trip*** 1:00 **Finding Balance**	3 10:00am Check In 11:00 Self Care 12:00 **Prepare & Share Nutrition Group*** **Community Member Meeting** 2:00 Fall into Fitness	4 10:00am Morning Gratitude 11:00am **Art w/ Mona** 12:00 **Crockpot & Connection** 1:00pm Creative Writing 2:00pm Laughing Group
9 10:00am Coffee Hour 11:00 **Shopping Trip*** 1:00 **Finding Balance**	10 10:00am Check In 11:00 Self Care 12:00 **Prepare & Share Nutrition Group*** 2:00 Fall into Fitness	11 **Veteran's Day** **Centers Closed** VETERANS DAY November 11th
16 10:00am Coffee Hour 11:00 **Shopping Trip*** 1:00 **Finding Balance**	17 10:00am NH Mental Health Peer Alliance* 11:00 Self Care 12:00 **Prepare & Share Nutrition Group*** 2:00 Fall into Fitness	18 10:00am Morning Gratitude 11:00am **Art w/ Mona** 12:00 **Crockpot & Connection** 1:00pm Creative Writing 2:00pm Laughing Group
23 10:00am Coffee Hour 11:00 **Shopping Trip*** 1:00 **Finding Balance**	24 10:00am Check In 11:00 Self Care 12:00 **Prepare & Share Nutrition Group*** 2:00 Fall into Fitness	25 **One Peer Thanksgiving Dinner** **(call to sign up for rides by 11/18)**
30 10:00am Coffee Hour 11:00 **Shopping Trip*** 1:00 **Finding Balance**	**We Provide FREE Transportation!**	**Community/Member Meeting 11/3 @NOON**

THURSDAY	FRIDAY
5 10:00 Check In 11:00am Ice Breakers 12:00-1:30 **Isaiah 61 Outreach (Satellite)** 2:00pm Game Time!	6 10:00am My Autumn Reset Vision Board 🍁 12:30 **Friday Film** 🎬 **2:00 Weekend Ready**
12 10:00 Check In 11:00am Ice Breakers 12:00-1:30 **Isaiah 61 Outreach (Satellite)** 2:00pm Game Time!	13 10:00am My Autumn Reset Vision Board 🍁 12:30 **Friday Film** 🎬 **2:00 Weekend Ready**
19 10:00 Check In 11:00am Ice Breakers 12:00-1:30 **Isaiah 61 Outreach (Satellite)** 2:00pm Game Time!	20 10:00am My Autumn Reset Vision Board 🍁 12:30 **Friday Film** 🎬 **2:00 Weekend Ready**
26 **Thanksgiving Centers Closed** 	27 **Day after Thanksgiving Centers Closed** 
"Be thankful for how far you've come." 	*"Even in the hardest seasons, hope can grow."* 

IMPORTANT INFORMATION:

Local Warmline:
1-800-306-4334
7/365 days 5pm-10pm
For when you need to talk to someone!

Local Mental Health Agency:
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 and Mental Health Services Administration (SAMHSA)