

November Newsletter

ONE PEER TO ANOTHER



November 2024



Here's what has happened in the last month and what's to come!

Welcome to our One Peer to Another newsletter! We are happy to share with you the latest in our goal to make a positive impact with our members and in the community.

Firstly, we would like to express our gratitude to all of our donors who have continued to support us with all of your generous donations. Recently your generosity and dedication have allowed One Peer to Another to give donations to our center and throughout the community.

In terms of our recent activities, we have been working on creating more educational opportunities for our members. We started up a group for Computer Skills and that has been going great through the first month up and running!

Last month we did have a great turn out at our field trip to the Stone Mountain Farm for apple picking, we appreciate Stone Mountain for having us and anyone who came and participated. We also have been doing a Crockpot Social open to all to come and join in on our lunch and it has been delicious!

In November we will be hosting a One Peer to Another Friendsgiving for all members who would like to join in a Thanksgiving lunch! Come join us for some good food and laughs.

Together, One Peer to Another and in our communities we can make a real difference and help support all those who use our services. Thank you for all your continued support!

Enjoy this month's newsletter!

In this newsletter you can expect:

Events at One Peer to Another

Upcoming Trips

Staff Spotlight

Mental Health Awareness Days

Events in the Community

Laconia One Peer to Another Happenings

- Every November in the Laconia office Tuesday @ 12p-Crockpot Social & Concord @12p- Lunch Social
- Every Wednesday @ 2pm- Neurodivergent Group w/ Tyler
- November 8th- NHMHPA (New Hampshire Mental Health Peer Alliance) Meeting via Zoom
- November 11th- Veteran's Day (Centers closed)
- November 22nd- Opening at 12:30 due to Professional Development
- November 19th- Amy Parker led Painting Class @ One Peer to Another-Laconia center
- November 26- One Peer to Another Friendsgiving all are welcome to a Thanksgiving lunch! 🦃
- November 28/29th- Thanksgiving (Centers closed)

Events in the Community



SNOW-TREE FUSED GLASS
NOVEMBER 8TH @ 6PM
@ ART ESCAPE, LACONIA, NH



LIGHTS FESTIVAL
LACONIA ON MAIN STREET
NOVEMBER 30TH @12PM

ARCHWAYS

CLINIC FOR
ANNULLING CRIMINAL RECORD
CHARGES/CONVICTIONS

603 LEGAL AID WILL HAVE AN ATTORNEY DOING A PRESENTATION REGARDING THE ANNULMENT PROCESS. THEY WILL BE AVAILABLE TO ANSWER GENERAL QUESTIONS

Sponsored by:
603 LEGAL AID
ARCHWAYS
NH EMPLOYMENT PROGRAM-DHHS

When?
November 6th 2024
5:00pm

Where?
Archways Community Resource Center
175 Central St.
Franklin NH 03235

Contact Us:
603-671-0060

603 LEGAL AID



39th New Hampshire
Al-Anon & Alateen
Convention
With AA Participation

November 8-10, 2024

Free Event!

Saturday, Nov 2nd

**BEANS & GREENS FARM
ANIMAL GOING AWAY PARTY**

Our animal friends are heading back
to their winter homes



November is National Homeless Awareness Month, a time to shine a light on the challenges faced by individuals experiencing homelessness. This month encourages communities to engage in dialogue, support local initiatives, and advocate for policies that promote housing stability. Together, we can raise awareness, foster compassion, and work towards solutions that ensure everyone has a safe place to call home.



NATIONAL STRESS AWARENESS DAY

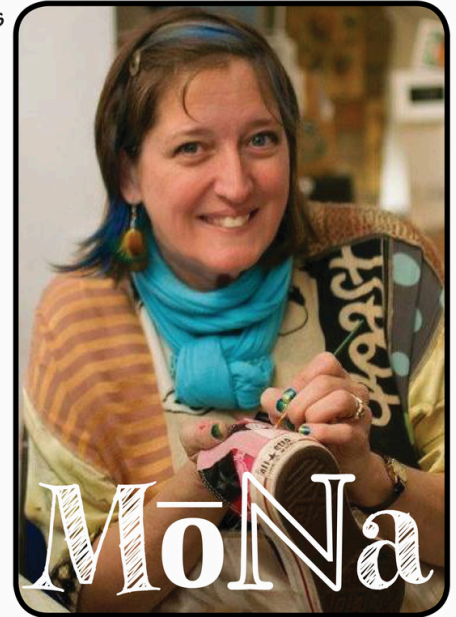
National Stress Awareness Day, observed on November 6th, is dedicated to highlighting the impact of stress on our mental and physical health. This day serves as a reminder to recognize the signs of stress and take proactive steps toward effective management. With the pressures of modern life—work demands, personal challenges, and financial worries—stress affects millions globally. By raising awareness, we encourage open conversations about mental well-being and promote healthy coping strategies, such as mindfulness, exercise, and social support. Together, we can create a culture that prioritizes mental health and fosters resilience in the face of life’s challenges.

MEET OUR NEW PEER SUPPORT SPECIALIST

Mona brings creative groups to Sunrise Towers, Lake Village, the Laconia Senior Center, and our Center with a different art project each week to try.

One Peer to Another has been a perfect fit for her since she’s always felt compelled to encourage others to express themselves creatively. Mona explains, “I believe we all are born to use our imagination somehow, it’s just a matter of finding our own personal way.”

Mona has also a flair for facepainting and has donated her profession to our local outreach events.



Mona lives with her husband Scott, their old dog Jasper, and spunky fetching cat, Zippy. They make music together on keys and guitar, and love a good flea market or antique shop.



International Survivors of Suicide Loss Day is observed on the Saturday before Thanksgiving each year. It’s a day dedicated to supporting those who have lost a loved one to suicide, providing a space for sharing stories, fostering healing, and connecting with others who understand the unique pain of such a loss. Events often include gatherings, workshops, and opportunities for discussion and remembrance.

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
