

ONE PEER TO ANOTHER -LACONIA

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

NOVEMBER 2025

IMPORTANT INFORMATION Local Warmline: 1-800-306-4334 Open 5–10 PM 7/365 days For when you need someone to talk to! 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 & Mental Health Services Administration (SAMHSA)  Educational Groups or Guest Speaker*	Monday	Tuesday	Wednesday	Thursday	Friday
	3 10a Community/Member Meeting 11a Walk & Talk 12p Healthy Eating 1p The Journey of Recovery*	4 10a Check In 11a Cooking & Lunch* 1p Seasonal Changes 2p Game Time!	5 10a Meal Planning 11a Art w/Mona 1p Member Led Group* 2p Practicing Gratitude	6 10a Check In 11a Breaking Habits 12p Ice Breakers 1p Mindfulness 2p Laughing Group	7 10a Friday Check In 11a Journaling 12p Bring your own Lunch! 1p Friday FILM 
	10 10a Meditation 11a Walk & Talk 12p Healthy Eating 1p The Journey of Recovery*	11 VETERAN'S DAY CENTERS CLOSED 	12 10a NH Navigating Collaborative Meeting* 11a Art w/Mona 1p Member Led Group* 2p Practicing Gratitude	13 10a Check In 11a Breaking Habits 12p Ice Breakers 1p Mindfulness 2p Laughing Group	14 FIELD TRIP Bowling @ FUNSPOT (Sign up by 11/7/25) 
	17 10a Meditation 11a Walk & Talk 12p Healthy Eating 1p The Journey of Recovery*	18 10a Check In 11a Cooking & Lunch* 1p Seasonal Changes 2p Game Time!	19 10a Meal Planning 11a Art w/Mona 1p Member Led Group* 2p Practicing Gratitude	20 10a Check In 11a Breaking Habits 12p Ice Breakers 1p Mindfulness 2p Laughing Group	21 10a Friday Check In 11a Journaling 12p Bring your own Lunch! 1p Friday FILM 
	24 10a Meditation 11a Walk & Talk 12p Healthy Eating 1p The Journey of Recovery*	25 10a Check In 11a Cooking & Lunch* 1p Seasonal Changes 2p Game Time!	26 10a Meal Planning 11a Art w/Mona 1p Member Led Group* 2p Practicing Gratitude	27 Thanksgiving Day CENTERS CLOSED 	28 CENTERS CLOSED (Day after holiday)