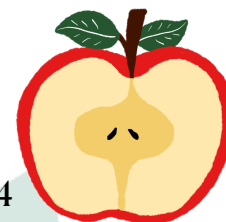




September Calendar



ONE PEER TO ANOTHER-CONCORD

BRIDGE ST UNIT 15, CONCORD, NH 03301 (603) 224-0894

MONDAY	TUESDAY	WEDNESDAY
<i>"September is a reminder that change can be beautiful."</i> <i>-A new season, a new chapter, a new opportunity to grow.</i>	1 10:00 Morning Meditation 11:00 Coloring & Convo 12:00 Community/Member Meeting & Prepare & Share Nutrition Group 🥗🥪 2:00 Check Out	2 10:00am Gratitude 11:00am Music for the Mind 12:00pm Downtown w/Peers* 2:00 Tools for Wellness
7 LABOR DAY/CENTERS CLOSED	8 10:00 Morning Meditation 11:00 Coloring & Convo 12:00 Prepare & Share Nutrition Group 🥗🥪 2:00pm Check Out	9 10:00am Gratitude 11:00am Music for the Mind 12:00pm Downtown w/Peers* 2:00 Tools for Wellness
14 10:00am Coffee Hour 11:00 Weekly Goals 12:00pm BYOL & Bingo 1:00 Write & Reflect	15 10:00 NH Mental Health Peer Alliance* 12:00 Prepare & Share Nutrition Group 🥗🥪 1:00pm Coloring & Convo 2:00pm Check Out	16 10:00am Gratitude 11:00am Music for the Mind 12:00pm Downtown w/Peers* 2:00 Tools for Wellness
21 10:00am Coffee Hour 11:00 Weekly Goals 12:00pm BYOL & Bingo 1:00 Write & Reflect	22 10:00am Morning Meditation 11:00 Coloring & Convo 12:00 Prepare & Share Nutrition Group 🥗🥪 2:00 Check Out	23 10:00am Gratitude 11:00am Music for the Mind 12:00pm Downtown w/Peers* 2:00 Tools for Wellness
28 10:00am Coffee Hour 11:00 Weekly Goals 12:00pm BYOL & Bingo 1:00 Write & Reflect	29 10:00am Morning Meditation 11:00 Coloring & Convo 12:00 Prepare & Share Nutrition Group 🥗🥪 1:00 Mind, Body & Wellness w/ Kristie	30 10:00am Gratitude 11:00am Music for the Mind 12:00pm Downtown w/Peers* 2:00 Tools for Wellness

THURSDAY

FRIDAY

3 10:00am Healthy Boundaries 11:00am Ice Breakers 12:00pm Art & Connection 2:00pm Check Out	4 10:00am Weekend Ready 11:00am Game Time! 12:00pm Skills for Success* 1:00pm Friday Film
10 10:00am Healthy Boundaries 11:00am Ice Breakers 12:00pm Art & Connection 2:00pm Check Out	11 10:00am Weekend Ready 11:00am Game Time! 12:00pm Skills for Success* 1:00pm Friday Film
17 10:00am Healthy Boundaries 11:00am Ice Breakers 12:00pm Art & Connection 2:00pm Check Out	18 10:00am Weekend Ready 11:00am Game Time! 12:00pm Skills for Success* 1:00pm Friday Film
24 10:00am Healthy Boundaries 11:00am Ice Breakers 12:00pm Art & Connection 2:00pm Check Out	25 Apple Picking @ Stone Mountain Farm (Sign up for rides by 9/18) 
Community/Member Meeting 9/1 @NOON	Board Meeting 9/24 @6pm

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:

Riverbend

Community Health

Inc.

603-715-5060

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)**