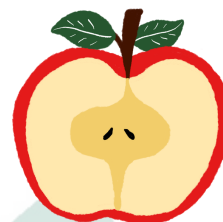




September Calendar

ONE PEER TO ANOTHER-LACONIA

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



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 AM Movement 11:00 Mindful Journaling 12:00 Nutrition & Community/Member Meeting* 🌮 🥗 2:00pm Check Out	2 10:00am AM Affirmations 11:00am Art w/ Mona 🎨 & BYOL 1:00pm Creative Writing
7 LABOR DAY HOLIDAY/CENTERS CLOSED	8 10:00am Morning Movement 11:00 Mindful Journaling 12:00 Prepare & Share Nutrition Group* 🥗 🥪 2:00 Check Out	9 10:00am AM Affirmations 11:00am Art w/ Mona 🎨 & BYOL 1:00pm Van Shopping Trip sign up by 9/2*
14 10:00am Coffee Hour 11:00 Weekly Goals* 12:00pm BYOL & Conversation 1:00 Mind, Body & Wellness w/ Kristie 🧘	15 10:00am NH Mental Health Peer Alliance* 11:00 Mindful Journaling 12:00 Prepare & Share Nutrition Group* 🥗 🥪 2:00 Check Out	16 10:00am AM Affirmations 11:00am Art w/ Mona 🎨 & BYOL 1:00pm Creative Writing
21 10:00am Coffee Hour 11:00 Weekly Goals* 12:00pm BYOL & Conversation 1:00 Happy Little Painters 🎨	22 10:00am Morning Movement 11:00 Mindful Journaling 12:00 Prepare & Share Nutrition Group* 🥗 🥪 2:00 Check Out	23 10:00am AM Affirmations 11:00am Art w/ Mona 🎨 & BYOL 1:00pm Creative Writing
28 10:00am Coffee Hour 11:00 Weekly Goals* 12:00pm BYOL & Conversation 1:00 Happy Little Painters 🎨	29 10:00am Morning Movement 11:00 Mindful Journaling 12:00 Prepare & Share Nutrition Group* 🥗 🥪 2:00 Check Out	30 10:00am AM Affirmations 11:00am Art w/ Mona 🎨 & BYOL 1:00pm Creative Writing

THURSDAY

FRIDAY

3 10:00 Check In 11:00am Ice Breakers 12:00-1:30 Isaiah 61 Outreach (Satellite) 2:00pm BINGO!	4 10:00am Weekend Ready 11:00am Connecting Outdoors 1:00 Downtown with Peers
10 10:00 Check In 11:00am Ice Breakers 12:00-1:30 Isaiah 61 Outreach (Satellite) 2:00pm BINGO!	11 10:00am Weekend Ready 11:00am Connecting Outdoors 1:00 Downtown with Peers
17 10:00 Check In 11:00am Ice Breakers 12:00-1:30 Isaiah 61 Outreach (Satellite) 2:00pm BINGO!	18 10:00am Weekend Ready 11:00am Connecting Outdoors 1:00 Downtown with Peers
24 10:00 Check In 11:00am Ice Breakers 12:00-1:30 Isaiah 61 Outreach (Satellite) 2:00pm BINGO!	25 Stone Mountain Farm for Apple Picking (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:

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)**