

September Newsletter

ONE PEER TO ANOTHER



September 2025



In this newsletter
you can expect:

September
Events at One
Peer to Another

Recent
Happenings @
the Centers

Local Resources

Contact Info for
our Staff at One
Peer

Events in the
Community

Dear Members and Guests,

As the seasons begin to shift and we ease into the rhythm of September, we're reminded that change, while sometimes challenging can also be a powerful opportunity for growth, healing, and renewal.

At One Peer to Another, we believe in the strength of shared experience. Peer support is about showing up for each other, walking beside one another through the highs and lows, and reminding ourselves that we are not alone. This month, we honor that connection and the everyday courage it takes to reach out, speak up, and keep moving forward.

Inside this issue, you'll find updates on upcoming events in the Community, at the centers and new groups, and resources to support your journey. Whether you're returning to school, starting a new chapter, or simply trying to stay grounded, we hope this newsletter offers you a moment of encouragement and hope.

Thank you for being a part of this community. Your voice matters. Your story matters. And we're so glad you're here with us.

With warmth and solidarity,
One Peer to Another

One Peer to Another September Events

- September 1st- Labor Day/centers CLOSED
- September 2nd- Community/Member Meeting (Coffee & Donuts) 🍪🍪
- September 8th- Centers Closed for Professional Development
- September 12th- Cookout @ Laconia Center-bring your best dish
- September 18th- Recovery Rally in Concord-inquire for more information or transportation!
- Art w/Cheryl in Concord @ 1pm every Thursday
- Every Wednesday @ Laconia Center @ 11 Art w/Mona
- September 11th& 25th -Budgeting & Shopping Trip in Laconia 11am
- Every Tuesday- Community Lunch!
- Board of Directors Meeting September 25th @ 6pm- Call for link if interested in joining via Zoom!

Recent Happenings @ One Peer

~FIELD TRIP TO ELLACOYA STATE PARK W/LACONIA FIELD TRIP~



~FIELD TRIP SEWELL'S FALLS
CONCORD FIELD TRIP~



Events in the Community



SAVE THE DATE

4TH ANNUAL RALLY FOR RECOVERY

SEPTEMBER 18TH 2025

STATE HOUSE LAWN
CONCORD, NH 03301

11AM – 3PM

FREE LUNCH + LIVE MUSIC + VENDORS + KID GAMES

50/50 RAFFLE + CORNHOLE + FACE PAINTING + RAFFLE PRIZES

FOR MORE INFORMATION

CONTACT
HSTARK@ARCHWAYS.NH.ORG
TBROWN-COULOMBE@ARCHWAYS.NH.ORG



A TWO-GENERATION APPROACH WITH FAMILIES AFFECTED BY PROBLEMATIC SUBSTANCE USE

Presented by: Karen Welford and Michelle Lennon



Join our full day training that addresses the issue of Problematic Substance Use through a 2-generation lens. Information on substance use and the effect on the brain, the Stages of Change and the Stages of Recovery in the context of the Strengthening Families™ Protective Families framework are discussed. In addition, effective strategies to support the well-being and development of all family members are shared.

Date: September 10th
Time: 8:30 a.m. to 4 p.m.
Location: Easter Seals Veteran and Military Campus
24 Holy Cross Road
Franklin NH 03235
Phone Number: 603.341.9060
Venue Information: <https://eastersealsnh.org/programs/military-veterans-campus/>
***Lunch will be provided**

Register: <https://events.humanitix.com/forever-hope-a-two-generation-approach-with-families-affected-by-problematic-substance-use>





SEPTEMBER 24TH - 5:30-7:30 @
THE BARN AT BULL MEADOW
63 BOG ROAD, CONCORD NH



THE DOWNTOWN GYM

7TH ANNUAL

5K RUN & WALK

TO FIGHT BACK AGAINST PARKINSONS!

SATURDAY, SEPTEMBER 20

START TIME: 9AM • THE DOWNTOWN GYM • 171 FAIR STREET, LACONIA, NH

CONCORD COALITION TO END HOMELESSNESS

BLUES, BREWS & BBQ

Live Music & Local Brews

BRIDGE TO RECOVERY WALK
WHEN: SEPTEMBER 21ST, 9-1PM
WHERE: 15 AIKEN AVE.
FRANKLIN, NH 03235
COST: \$30 REGISTRATION



Let's Walk Together.



CONCORD HOSPITAL
Your Regional Health System

CONCORD HOSPITAL Trust

CONCORD • FRANKLIN • LACONIA

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

328 Union Ave, Laconia, NH 03246

603-528-7742

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Chelsea Baker, Program Director

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One Peer to Another, Concord

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Michelle LaDue, Executive Director

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One Peer to Another, Pemi Valley

Cindy Robinson

603.412.7050

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WARMLINE: (800) 306-4334, 5-10 pm, 7 days per week
