

September Newsletter

ONE PEER TO ANOTHER



September 2026



Dear Readers,

September invites us to slow down, reflect, and embrace new beginnings. With the changing season comes an opportunity to focus on our well-being, reconnect with ourselves and others, and recognize the strength it takes to continue moving forward. September is **National Recovery Month**, a time to celebrate the gains made by those in recovery, recognize the strength and courage it takes to seek support. At One Peer we encourage you to reach out and remind those struggling that there is hope and Recovery is possible!

September is also **Suicide Prevention Month**, reminding us of the importance of connection, compassion, and reaching out when someone may be struggling. Sometimes a just a listening ear or letting someone know they are not alone can make a huge difference. We can all play a role in creating communities where people feel supported, valued, and safe asking for help.

At **One Peer to Another**, we believe that connection is at the heart of healing and recovery. Peer Support is important for having those connections and decrease isolation.

As you read this month's newsletter, we encourage you to take a moment to recognize your own progress, celebrate all of your wins, and reach out to someone who may need a little extra support.

Thank you for allowing us to be part of your journey and for being part of a community built on compassion, resilience, recovery, and hope. **We wish you a safe, healthy, and meaningful September.**

With gratitude,
One Peer to Another

In this newsletter you can expect:

Events at
One Peer to
Another

Events in the
Community

Local
Resources

Contact Info
for our Staff
at One Peer

Mental
Health
Awareness
in
September

One Peer to Another August Events

- **September 1st- 12pm**
Community/Member Meeting & Prepare & Share Nutrition Group 🥗
- **September 7th - LABOR DAY/CENTERS CLOSED**
- **Every Tuesday @12 - Prepare & Share Nutrition Group** 🍷🥗
- **Every Wednesday @ Laconia Center @ 11 Art w/Mona** 🎨
- **Every Wednesday in Concord @ 1pm Downtown w/Peers** 🚶🚶 Every Friday in Laconia @ 1pm 🛍️
- **Every Wednesday in Laconia @ 12:00-1:30 Isaiah 61 Outreach (Satellite)**
- **Art & Connection Concord @ 1pm every Thursday** 🎨
- **September 15th- 10AM NH Mental Health Peer Alliance (via Zoom)**
- **September 14th- 1:00 Mind, Body & Wellness w/ Kristie** in Laconia 🧘
- **September 24th- Board of Directors Meeting at 6pm (call for link)**
- **September 25th- FIELD TRIP to Stone Mountain Farm in Belmont for Apple Picking (sign up for rides)** 🍏🍏
- **September 29th- 1:00 Mind, Body & Wellness w/ Kristie** 🧘 in Concord

ARTS & CRAFTS GROUPS @ ONE PEER TO ANOTHER

Recent Happenings @ One Peer

ERIKA WHITCOMB,
MADE SOME
CONNECTIONS @
HEARTFELT
RECOVERY IN
LACONIA



Events in the Community

Eat Well
LIVE WELL

**JOIN US FOR
NUTRITION EDUCATION & LUNCH
EVERY TUESDAY AFTERNOON IN SEPTEMBER**

- DELICIOUS LUNCH
- SIMPLE TIPS FOR HEALTHIER EATING
- CONNECT WITH OTHERS

**ONE PEER TO ANOTHER - LACONIA CENTER
328 UNION AVE.
TUESDAYS | 12:00-2:00 PM**

**CALL AHEAD IF YOU NEED A RIDE
(603) 528-7742**

"If you keep good food in
your fridge, you will eat
good food."

Concord Arts Market

ARTS 2026 EVENTS

in the Park
ROLLINS PARK
10AM - 3PM

DOWNTOWN
Markets
FIRST FRIDAYS

JUN 6
JUL 11
AUG 8
SEP 12
OCT 10

MAY 1
NOV 6

MARKET DAYS
Festival
JUN 25-27

and more to be announced soon!
Subscribe for updates

ConcordArtsMarket.org

VENDORS WANTED

BELMONT PARKS & RECREATION

MILL STREET MARKET DAYS

Artisans Crafters Farmers Vendors

MARKET DAYS
JULY 11 - 10A-1P
AUGUST 8 - 8A-3P
SEPTEMBER 12 - 10A-1P
SEPTEMBER 26 - 10A-1P

LOCATION
- BELMONT MILL -
MILL STREET
BELMONT NH

VENDOR SPOTS
AVAILABLE
\$25 PER DAY

FOR MORE INFORMATION VISIT BELMONTNH.COM

Playgroups for Children



Giggles & Grins, Happy Sounds & Traveling Playgroup are designed for children ages birth to 5 years old. Older siblings may be allowed if there is space.

All playgroups are free and drop-in (no pre-registration required).

Caregivers must attend groups with their children and supervise them at all times. For more information, call Carol at (603) 581-1565 or email carol.simon@laconia.org

Giggles & Grins Playgroup

Tuesdays & Fridays from 9:00-11:00am at our Main Office, 719 North Main St. Laconia. A free, inclusive community playgroup that provides children from birth to age 5 with the opportunity to play and develop critical social-emotional skills. Families have the chance to share parenting ideas and concerns, establish friendships, and decrease isolation.

Happy Sounds Music Group

Wednesdays 9:00-10:45am at our Main Office, 719 North Main St. Laconia. A free, weekly class where caregiver and child participate together in movement and rhythm activities set to music. A great opportunity for building social skills while enjoying all of the physical, emotional, & intellectual benefits that interaction with music can bring.

Traveling Playgroup

Thursdays 9:00-10:00am at Tardiff Park on Crescent St. in Laconia (weather permitting). Traveling Playgroup is a safe, weekly opportunity for young children & caregivers to socialize and exercise outside with other children & families.

Into the Wild: Infant/Toddler Forest Playgroup

For children ages birth to 36 months with a parent/caregiver
Meets the first Monday of each month from 10-11:30am
Held outdoors at Prescott Farm Environmental Center, 928 White Oaks Rd. Laconia
Experience the importance of nature immersion and open-ended play. This playgroup provides opportunities to encourage experimentation, discovery and curiosity through child-driven play.



All About Recovery

A 12-STEP MEETING FOR
RECOVERY FROM ALL
SUBSTANCES

1 hr meeting

Free &
Open to
the Public

**Tuesday's
7:00 PM**

**102 Court Street
Laconia NH 03246**

**FREE
Pizza**

generously
provided by



For More Information: (603) 524-5939



NAVIGATING RECOVERY
of THE LAKES REGION

CONCORD FARMERS' MARKET

Capitol St. Saturdays 9:30 - Noon May thru October

The MARKET AT WEIRS
LOCAL PRODUCTS

Saturdays, May-October. 10 AM - 1 PM
49 Lucerne Ave. At The Weirs Community Park

SAVE THE DATE

ARCHWAYS

5th Annual Recovery Rally

**Friday, September
18th, 2026
11 AM - 3 PM**

**STATE HOUSE LAWN
107 N Main St,
Concord, NH 03301**

FREE LUNCH

CORNHOLE

FACE PAINTING

KID GAMES

Celebrate recovery with us!

A free community event bringing people
together to share hope, connection, and the
message that recovery is possible.

FOR MORE INFORMATION, CONTACT:

Hilary: hstark@archwaysnh.org

Tonya: tbrown-coulombe@archwaysnh.org

RAFFLE PRIZES

VENDORS

50/50 RAFFLE

LIVE MUSIC

ARCHWAYS

FAMILY RESOURCE CENTER

Any & Every Body Forest Therapy
for those carrying any grief and loss

Every Tuesday 10am - 12pm
Prescott Farm Nature Trails
Gentle, Safe, Connected
Come feel what nature has to offer

September Awareness Events

NATIONAL RECOVERY MONTH

RECOVERY. HOPE. HEALING.

September is a time to recognize National Recovery Month and celebrate the many paths people take toward healing, growth, and wellness. Recovery is not always a straight line, and each person's journey is unique. This month, we celebrate the courage it takes to make a change, the strength found in reaching out for support, and all of the small victories along the way. Together, we can create a community that encourages hope, embraces recovery, and reminds us that there is hope and there is always room for a new beginning.



September is Suicide Prevention Month, a time to raise awareness, encourage open conversations, and remind one another that support is available and people are here to help. Reaching out, listening without judgment, and letting someone know they are not alone can make a lifesaving difference. This month, we encourage everyone to check in with the people around them, take signs of struggle seriously, and help create a community where asking for help is met with compassion, understanding, and hope. Having the openness and understanding of someone and their struggles can create that connection & Connection can be a powerful part of prevention.

Warmline Support & Local Resources

New Hampshire Rapid Response Access Point 1-833-710-6477

This helpline offers a central contact center for those facing a mental health or substance use crisis, providing quick, coordinated access to services for individuals and families.

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 a non-clinical support to keep people connected and supported during difficult times when the centers are closed.

Resources 211

New Hampshire residents can dial 211 for free, confidential help with mental health, substance misuse, and other health and human services. Trained specialists connect callers with the resources they need, thanks to a statewide partnership of nonprofits, government, businesses, and volunteers.

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

Michelle LaDue, Executive Director

Email: michelle@onepeer.org

Chelsea Baker, Program Director

Email: chelsea.baker@onepeer.org

One Peer to Another, Concord

22 Bridge St. Concord, NH 03301
603-224-0894

Chelsea Baker, Program Director

Email: chelsea.baker@onepeer.org

Megan Tappan, Program Coordinator

Email: megan@onepeer.org

Erika Whitcomb, Outreach Specialist

Email: erika@onepeer.org

603-528-7742
