




# ONE PEER TO ANOTHER - LACONIA

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

## APRIL 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>IMPORTANT INFORMATION:</b></p> <p><b>Local Warmline:</b> 1-800-306-4334 Open 5-10 PM 7/365 days For when you need someone to talk to!</p> <hr/> <p><b>Local Mental Health Agency:</b> Lakes Region Mental Health Center (603) 524-1100</p> <hr/> <p><b>CALL OR TEXT 988</b> 24/7/365 days For when you are in crisis, feeling suicidal, or need professional assistance!</p> 	<p><b>1</b></p> <p>10a How Was Your Weekend? 11a Creative Art &amp; Talk 12p All About Music 1p Rock Painting 2p Stress Management</p>	<p><b>2</b></p> <p>10a Morning Stretch 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>	<p><b>3</b></p> <p>10a TED TALK 11a Self Kindness 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p>	<p><b>4</b></p> <p>10a Healthy Boundaries 11a Meditation 12p Creative Writing 1p Rock Painting 2p Laughing Group 5-6:30 Recovery Group (Laconia center)</p>	<p><b>5</b></p> <p>10a Self Kindness 11a Healthy Relationships 12p Music Trivia 1p Positive Affirmations 2p Socialization Skills</p>
	<p><b>8</b></p> <p>10a How Was Your Weekend? 11a Creative Art &amp; Talk 12p All About Music 1p Rock Painting 2p Eclipse Viewing w/glasses 🕶️</p>	<p><b>9</b></p> <p>10a Morning Stretch 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>	<p><b>10</b></p> <p>10a TED TALK 11a Self Kindness 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p>	<p><b>11</b></p> <p>10a Healthy Boundaries 11a Meditation 12p Creative Writing 1p Rock Painting 2p Laughing Group 5-6:30 Recovery Group (Laconia center)</p>	<p><b>12</b></p> <p>CLEAN UP DAY...  &amp; BBQ! </p>
	<p><b>15</b></p> <p>10a How Was Your Weekend? 11a Creative Art &amp; Talk 12p All About Music 1p Rock Painting 2p Stress Management</p>	<p><b>16</b></p> <p>10a Coffee Hour 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>	<p><b>17</b></p> <p>10a TED TALK 11a Self Kindness 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p>	<p><b>18</b></p> <p>10a Healthy Boundaries 11a Meditation 12p Creative Writing 1p Let's Move 2p Laughing Group 5-6:30 Recovery Group (Laconia center)</p>	<p><b>19</b></p> <p>10a Inner Healing 11a Healthy Relationships 12p Music Trivia 1p Positive Affirmations 2p Socialization Skills</p>
	<p><b>22</b></p> <p>10a How Was Your Weekend? 11a Creative Art &amp; Talk 12p All About Music 1p Advocacy 2p Stress Management</p>	<p><b>23</b></p> <p>10a Morning Stretch 11a Gratitude 12p Journaling 1p-3 New Futures/Advocacy Training (via Zoom) 5-6:30 Recovery Group (Concord Center)</p>	<p><b>24</b></p> <p>10a TED TALK 11a Self Kindness 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p>	<p><b>25</b></p> <p>10a Healthy Boundaries 11a Meditation 12p Creative Writing 1p Let's Move 2p Laughing Group 5-6:30 Recovery Group (Laconia center)</p>	<p><b>26</b></p> <p><b>FIELD TRIP</b> <b>Audubon Society</b> <b>The Silk Farm Wildlife Sanctuary</b> <b>10a-2pm</b> <b>sign up by 4/19</b></p>
	<p><b>29</b></p> <p>10a How Was Your Weekend? 11a Creative Art &amp; Talk 12p All About Music 1p Advocacy 2p Stress Management</p>	<p><b>30</b></p> <p>10a Coffee Hour 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>			