





# ONE PEER TO ANOTHER - LACONIA

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## JULY 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>IMPORTANT INFORMATION:</b></p> <p><u>Local Warmline:</u> 1-800-306-4334 Open 5-10 PM 7/365 days For when you need someone to talk to!</p> <hr/> <p><u>Local Mental Health Agency:</u></p> <p>Lakes Region Mental Health Center (603) 524-1100</p> <hr/> <p>CALL OR TEXT 988</p> <p>24/7/365 days For when you are in crisis, feeling suicidal, or need professional assistance!</p> 	<p>1</p> <p>10a How Was Your Weekend? 11a Creative Art &amp; Talk 12p All About Music 1p Rock Painting 2p Stress Management</p>	<p>2</p> <p>10a Morning Stretch 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>	<p>3</p> <p>10a TED TALK 11a Self Kindness 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p>	<p>4</p> <p><b>INDEPENDENCE DAY HOLIDAY/CLOSED</b></p> 	<p>5</p> <p>10a Self Kindness 11a Healthy Relationships 12p Music Trivia 1p Positive Affirmations 2p Socialization Skills</p>
	<p>8</p> <p>10a How Was Your Weekend? 11a Creative Art &amp; Talk 12p All About Music 1p Rock Painting 2p Stress Management</p>	<p>9</p> <p>10a Morning Stretch 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>	<p>10</p> <p>10a TED TALK 11a Self Kindness 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p>	<p>11</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>12</p> <p>10a Self Kindness 11a <b>BBQ, Outdoor Games &amp; Prizes!</b></p> 
	<p>15</p> <p>10a How Was Your Weekend? 11a Creative Art &amp; Talk 12p All About Music 1p Rock Painting 2p Stress Management</p>	<p>16</p> <p>10a Coffee Hour 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>	<p>17</p> <p>10a TED TALK 11a Self Kindness 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p>	<p>18</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>19</p> <p>10a Inner Healing 11a Healthy Relationships 12p Music Trivia 1p Positive Affirmations 2p Socialization Skills</p>
	<p>22</p> <p>10a How Was Your Weekend? 11a Creative Art &amp; Talk 12p All About Music 1p Advocacy 2p Stress Management</p>	<p>23</p> <p>10a Morning Stretch 11a Gratitude 12p Journaling 1p Self Care 2p Health Relationships 5-6:30 Recovery Group (Concord Center)</p>	<p>24</p> <p>10a TED TALK 11a Self Kindness 12p Game Time 1p Coping Skills 2p Meal Planning/Healthy Recipes</p>	<p>25</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>26</p> <p><b>FIELD TRIP ELLACOYA STATE PARK sign up by 7/19 Bring a lunch!</b></p> 
	<p>29</p> <p>10a How Was Your Weekend? 11a Creative Art &amp; Talk 12p All About Music 1p Advocacy 2p Stress Management</p>	<p>30</p> <p>10a Coffee Hour 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>			