

ONE PEER TO ANOTHER - CONCORD

244 North Main St. Concord, NH 03301 | (603) 224-0894

MAY 2024

IMPORTANT INFORMATION:	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Local Warmline: 1-800-306-4334 Open 5-10 PM 7/365 days For when you need someone to talk to!</p>	<p><i>May is National Mental Health Awareness Month!</i></p>		<p>10a TED TALK 11a Self Kindness 12p Ice Breakers Jenga 1p Coping Skills 2p Meal Planning/Healthy Recipes</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>10a Self Kindness 11a Healthy Relationships 12p Music Trivia 1p Positive Affirmations 2p Socialization Skills</p>
<p>Local Mental Health Agency: Lakes Region Mental Health Center (603) 524-1100</p>	<p>10a Community/Member Meeting 11a Creative Art & Talk 12p All About Music 1p Rock Painting 2p Stress Management</p>	<p>10a Morning Stretch 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>	<p>10a TED TALK 11a Self Kindness 12p Ice Breakers Jenga 1p Coping Skills 2p Meal Planning/Healthy Recipes</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>10a Self Kindness 11a Healthy Relationships 12p Music Trivia 1p Positive Affirmations 2p Socialization Skills</p>
<p>CALL OR TEXT 988 24/7/365 days For when you are in crisis, feeling suicidal, or need professional assistance!</p>	<p>10a How Was Your Weekend? 11a Creative Art & Talk 12p All About Music 1p Rock Painting 2p Stress Management</p>	<p>10a Coffee Hour 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>	<p>FIELD TRIP Meredith Community Center Basketball Trip 11a-2pm sign up by 5/9/24</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>10a Inner Healing 11a Healthy Relationships 12p Music Trivia 1p Positive Affirmations 2p Socialization Skills</p>
<p>B.O.D. Meetings are held every last Thursday of the month at 6pm</p>	<p>10a How Was Your Weekend? 11a Creative Art & Talk 12p All About Music 1p Advocacy 2p Stress Management</p>	<p>10a Morning Stretch 11a Gratitude 12p Journaling 1p-3 New Futures/Advocacy Training 5-6:30 Recovery Group (Concord Center)</p>	<p>10a TED TALK 11a Self Kindness 12p Ice Breakers Jenga 1p Coping Skills 2p Meal Planning/Healthy Recipes</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>10a Inner Healing 11a Healthy Relationships 12p Music Trivia 1p Positive Affirmations 2p Socialization Skills</p>
<p>N.H.M.H.P.A. Peers Connecting w/Peers Meeting Every month on the 2nd Tuesday 10a-11a</p>	<p>MEMORIAL DAY CLOSED/HOLIDAY</p> 	<p>10a Coffee Hour 11a Gratitude 12p Journaling 1p Self Care 2p Healthy Relationships 5-6:30 Recovery Group (Concord Center)</p>	<p>10a TED TALK 11a Self Kindness 12p Ice Breakers Jenga 1p Coping Skills 2p Meal Planning/Healthy Recipes</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>10a Inner Healing 11a Healthy Relationships 12p Music Trivia 1p Positive Affirmations 2p Socialization Skills</p>

