

**LRCAB/Concord**  
**Concord Peer Support**  
**55 School St.**  
**Concord, NH 03301**

**January 2012**  
**603-224-0894 or 224-0083**  
**Warmline: 1-800-306-4334**  
**5-10 p.m. every night**

Sunday 8:30-11:30 am	Monday 8:30-11:30 am	Tuesday 8:30-11:30 am 3-7:30 p.m.	Wednesday 8:30-11:30 am	Thursday 8:30-11:30 am 3-7:30 p.m.	Friday 8:30-11:30 am 3-7:30 p.m.	Saturday 8:30-11:30 am
1 <b>January 1<sup>st</sup>: New Year's Day</b>	2 <b>No Empowerment Team Mtg: state workers holiday</b>	3  <b>Dinner/Music</b>	4  <b>PSA Directors Mtg. At BBH</b>	5 <b>Wrap: 9:30</b>  <b>Potluck meal</b>	6 <b>DDA 1 pm</b>  <b>7PM Connection</b>	7
8	9  <b>Full Moon</b>	10  <b>NH Mental Health Advisory Council 5-8 pm Fox Chapel BBH</b>  <b>Dinner/Music</b>	11	12	13 <b>DDA 1pm Connection 7 PM</b>	14
15 <b>Martin Luther King Jr.'s Birthday</b>	16 <b>Martin Luther King Jr. Day</b>  <b>NO Empowerment Team: holiday</b>	17  <b>NH Mental Health Consumer Council 10am-1 pm BBH Fox Chapel</b>  <b>Dinner/Music</b>	18	19 <b>WRAP 9:30</b>  <b>Potluck Meal</b>	20  <b>DDA 1pm Connection 7PM</b>	21
22	23 <b>NH Council on Aging – PRC Room BBH Main Building 11 a.m.-2 p.m</b> <b>Chinese New Year</b>	24  <b>Music/ Dinner</b>	25  <b>LRCAB Board Mtg.: Concord 5:30</b>	26	27  <b>DDA 1pm Connection 7PM</b>	28  <b>Birthday Bash</b>
29	30	31  <b>Dinner/Music</b>	Feb. 1 <sup>st</sup>	Feb. 2  <b>Potluck Meal</b>  <b>Groundhog Day</b>	Feb. 3 <b>DDA 1 p.m</b>  <b>Connection 7 PM</b>	Feb. 4

Everything written in blue font on this page takes place at our center. All else: Offsite.

Email: [cornerbridge@comcast.net](mailto:cornerbridge@comcast.net) Call: Kimberly 224-0083

LRCAB's website: [www.nhcornerbridge.org](http://www.nhcornerbridge.org)

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# JANUARY 2012

## Ongoing Daily Discussion Groups and Conversations

All groups on this page take place at 55 School St. (Concord Peer Support)

- Monday:** 9:00 Lifestyles: Moving towards what you want...Explore options .**Jim B.**  
10:00 Meditation Techniques: Relaxation/Focus on breathing and living in/thru the moment...**Jim B.**

### First and Third Monday of the Month: Empowerment Team:

11A.M.-12 Noon. The mission of this team effort (LRCAB and Riverbend) is to change the mental health system for the better together, with consumer advocates and area health/wellness agency professionals. Learn more about our area's health and wellness resources.

Various topics and guest presenters.

- Tuesday:** 9:00 What is IPS Co-Reflection? Building better relationships.  
9:30 Inspirations: Share personal stories of hope and recovery  
10:30 Affirmations and Guided Imagery: with Lori A.  
4:30 Meal prep participation and clean-up ~ Jim B. and Dan. P.  
7:00 Relax to live guitar: with Dan P.
- Wednesday:** 9:15 Current Events, upcoming events/trips, and world/local news. Dan  
10:00 Let us Laugh: Funny stories and humorous anecdotes with Dan. P.  
10:15 Balancing Act: Tips to organize your life, budget your expenses, etc.

### Last Wednesday of the Month: LRCAB Board of Directors Meeting 5:30 p.m.

This meeting alternates the location between the Concord and Laconia centers.

- Thursday:** 9:30 WRAP: Wellness Recovery Action Planning: overview of proactive steps one can choose to take, using crisis for growth, take stock of your own goals, strengths, skills, and resources. Share, care, and inspire each other to be and actively stay well and learn to embrace life.  
4:00 What is Intentional Peer Support? Peer Support Skills 4 PM  
Fourth Thursday of the Month: Monthly Members Meeting  
5:00 Potluck Meal Prep (Bring item from list.)
- Friday:** 9:00 Relaxation/Focus on Breathing: learn to be focused, be in the moment  
10:00 Lifestyles: Physical Health and Mental Wellness: Discuss options, Moving towards what you want: Whole health: **with Jim B.**  
1:00 Dual Diagnosis Anonymous: with member: **Rick P.**  
5:00 Potluck: Bring Items from List.. See Dan P.

- 7 PM Connection: A NAMI Support Group for People with Mental Illness with Rick P.
- Saturday:** 9:30 Your Home is your Castle: Focus on budgeting, household tips for cleaning and organizing, safe food handling, easy recipes for healthy living, de-cluttering techniques.  
10:00 Healthy Choices: Add good things to your life.  
10:30 Inspirations: Inspiring Hope and Recovery: bring a story, poem, or special reading to share with group. Share your personal stories of recovery and hope.  
11:00 Last Saturday of the Month: Birthday Bash for all born in that month.

- Sunday:** 10:30 Inspirations: bring a story, poem, or reading that means something to you about hope & recovery that you would like to share.

Transportation is available for Tuesday, Thursday, and Friday afternoon/evenings.

Pick up route begins at 3pm ~ Ride home starts at 7:30 pm. Call 224-0894

We will begin calls around 2:30 p.m. Please call 224-0894 and leave a message that you would like to get a ride to and from the peer support center. Please state your first name and phone number.

Transportation available also for trips, board meetings, conferences, etc.

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