infinitypeersupport.org 603-948-1036 agency@infinitypeersupport.org

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:45 Daily Check In 10:30 Fear in a Hat 12:30 Smartphone Photography Safari/Walk 1:15 Creative Problem-Solving Challenge	**3** 9:45 Daily Check In 10:30 Reverse Bucket List 12:00 Reiki with Amy 12:30 All Recovery **7:00 NA Meeting**	**4** 9:45 Daily Check In 10:30 Men's Group 10:30 Women's Group 12:30 Eight Dimension of Wellness Activities **2:00 Closed for Staff Meeting**	**5** 9:45 Daily Check In 10:30 Mindful Coloring Questions 12:15 Setting Holiday Boundaries 1:15 Art as Recovery **7:00 NA Meeting**	**6** 9:45 Daily Check In 10:30 Bingo 12:00 Making Parade Decorations
9 9:45 Daily Check In 10:30 Veterans Day Trivia 11:00 NAMI Presentation 12:30 Recovery Journey Board Game 1:15 I am Poem	**10** 9:45 Daily Check In 10:30 Desert Island Strengths 12:00 Reiki with Amy 12:30 All Recovery **7:00 NA Meeting**	**11** **CLOSED** 	**12** 9:45 Daily Check In 10:30 Mindful Coloring 12:15 Coping Skills Charades 1:15 Poetry/Pictures **7:00 NA Meeting**	**13** 9:45 Daily Check In 10:30 Bingo 12:00 Movie and Discussion
16 9:45 Daily Check In 10:30 Inside/Outside Box Activity 12:30 Photography Slide Show 1:15 Values Auction	**17** 9:45 Daily Check In 10:30 Anger Management 12:00 Reiki with Amy 12:30 All Recovery **7:00 NA Meeting**	**18** 9:45 Daily Check In 10:30 Men's Group 10:30 Women's Group **12:00 Community Meeting/Presentation from Haven**	**19** 9:45 Daily Check In 10:30 Mindful Coloring 12:15 Gratitude Turkey 1:15 Cooking with Sharon **7:00 NA Meeting**	**20** 9:45 Daily Check In 10:30 Bingo 12:00 Making Parade Decorations
23 9:45 Daily Check In 10:30 Thankful Jar Exchange 12:30 Recovery Journey Board Game 1:00 Compliment Bag Activity	**24** 9:45 Daily Check In 10:30 Paracord Craft 12:00 Reiki with Amy 12:30 All Recovery **7:00 NA Meeting**	**25** 9:45 Daily Check In 10:30 Men's Group 10:30 Women's Group 11:45 Thanksgiving Trivia 12:15 Closing Thanksgiving Holiday	**26** **CLOSED** 	**27** 9:45 Daily Check In 10:30 Bingo 12:00 Making Parade Decorations
30 9:45 Daily Check In 10:30 Native American/Indigenous Day History 12:30 WRAP 1:15 Healthy Habits Trivia	**Calendar Subject to Change** 8		**Narcotics Anonymous Tuesdays and Thursdays 7 pm**	**Manna Food for the Hungry Wednesdays 3 pm to 5pm in the Back Parking Lot Infinity Peer Support**

Group Types & Examples

Emotional Well-Being

- **All Recovery Support Group**
  Discussing various kinds of recovery—from mental health conditions, from substance use disorders—and how to move forward in your lives.
- **Journaling/Drawing**
  Learning that journaling does not require eloquent writing and shows how it can be used for practical emotional regulation and cognitive clarity.
- **Coping with Post-Traumatic Stress Disorder (PTSD)**
  A safe and confidential space for individuals to share and process their personal journeys with stress and complex trauma.
- **Men's Group**
  A vulnerability-safe zone where men can discuss unique challenges, societal pressures, and communication styles often associated with men's mental health.
- **Women's Group**
  A vulnerability-safe zone where women can openly discuss unique challenges, societal pressures, and communication styles often associated with women's mental health.
- **NAMI NH Walk Preparation**
  Preparing for the National Alliance on Mental Illness (NAMI NH) Walk.
- **Living in Balance**
  A member-led group discussing the important balance of various aspects of one's life for a well-rounded recovery.
- **Dance of Connection Activities/Games**
  Members learn ways to connect with each other through activities and games.

Physical Health

- **Nutrition, Culinary, Healthy Habits and Routines**
  Interactive discussions and activities on diet, exercise, and other positively important habits.
- **Nature, Flora and Fauna, and Mood**
  Outdoor activities, education, and discussions on the impact of nature on mental health.
- **Reiki**
  A Japanese technique that promotes relaxation and healing by channeling "universal life force energy" for both physical and emotional health.
- **Nervous System Regulation**
  Is the body's ability to shift between activation and calmness—primarily through the autonomic nervous system (ANS), which balances sympathetic (fight-or-flight) and parasympathetic (rest-and-digest) responses.

Skill Building

- **Art as Recovery**
  An approach that uses artmaking as a non-verbal way to communicate, process emotions, and achieve therapeutic goals.
- **Poetry/Pictures**
  An approach that uses poetry/picture making as a verbal/non-verbal way to communicate a theme.
- **Smartphone Photography Safari**
  Wander the neighborhood and take photos that catch your interest and share them with members.
- **Crafts, Calming Coloring, etc.**
  Therapeutic activities that decrease both anxiety and stress and promote relaxation.
- **Team Building**
  Members do activities that help them build comradery with each other.
- **TED Talks**
  TED Talks are influential videos from expert speakers on education, business, science, technology, and creativity.

Life Skills & Independence

- **Recovery Jeopardy/Trivia/Games**
  Test your recovery knowledge with Jeopardy-format answers and trivia questions.
- **Mental Health Recovery Games**
  Playing games that demonstrate your mental health recovery knowledge and progress.
- **Vision Boards**
  Members make goals and use magazine pictures/words to display them.
- **Book Club**
  Members agree to read, listen to, and discuss a book/audio.