

April

FREE for individuals who served in the military and their family members

See Page 2 for more information on groups and signing up.

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Veteran Resource Connect @5-6:30pm Derry NH Music therapy @6-7pm Franklin Campus	2	3	4
5	6 Art group 12-1pm	7	8	9 Coping Skills @10am (virtual)	10 Book Club 10:30-11:30am	11
12	13 Art group 12-1pm	14 Paint by Number group 1-2:30pm	15 Manchester True Collab Craft Community Hours 3:30	16	17	18
19	20 Bowling trip @11am Merrimack 10 Pin	21 Trail Walk Mines Falls @12pm	22 Pickleball @12pm Greely Park	23 Pickleball @12pm Greely	24 Coping Skills @12pm (virtual)	25
26	27 Art group 12-1pm	28 Healthy Relationships @1pm	29 Golf Simulator @12pm Manchester NH	30 Trail Walk @ 11am Massabesic Lake		

ARTS & CRAFTS GROUP

A weekly creative space for Veterans to relax, express themselves, and connect with peers who understand military experiences.

Location: Veterans Housing BAE
335 Somerville St, Manchester, NH 03103

PAINT BY NUMBER

Guided painting sessions that promote relaxation, conversation, and connection with fellow Veterans. Location: Veterans Housing Buckingham Place
46 Spring St, Nashua, NH 03060

BOOK CLUB (VIRTUAL)

This month's book:
Read and discuss meaningful topics together while building connections and supporting mental wellness.

COPING SKILLS GROUP (VIRTUAL)

A supportive virtual group focused on building practical coping strategies, improving emotional regulation, and strengthening resilience.

HEALTHY RELATIONSHIPS GROUP (Virtual)

A peer-supported group focused on communication, boundaries, and building healthy, supportive relationships in daily life.

VETERAN RESOURCE CONNECT

An opportunity for Veterans to connect with community providers, access resources, and build supportive networks. Location: On the Road to Wellness 45 S. Main st. Derry NH

MUSIC GROUP

Led by licensed clinician, Veterans use music activities to process emotions, reduce stress, and connect with others. Location: Easter Seals NH
27 Holy Cross Rd, Franklin, NH 03235

Sign up and pre-registration required to attend

Transportation to & from groups can be provided

More information regarding sessions signed up for will be sent to you

APRIL COMMUNITY OUTINGS

BOWLING

A fun outing focused on camaraderie, conversation, and strengthening peer connections.

Location: Merrimack 10 Pin
69 Daniel Webster Hwy, Merrimack, NH 03054

PICKLEBALL

A fun, low-impact activity that promotes physical health, teamwork, and social connection among Veterans. Location: Greeley Park, Nashua NH

TRAIL WALK

Enjoy nature while building connections, reducing stress, and supporting overall wellness through light physical activity.

Locations: Nashua & Manchester

GOLF SIMULATOR

Practice skills and enjoy a fun, engaging activity that builds confidence, focus, and peer connection in a relaxed environment.

Location: Manchester, NH

TRUE COLLAB CRAFT COMMUNITY HOURS

A welcoming, LGBTQ+ friendly creative space where Veterans can engage in hands-on activities, build connections, and explore new creative outlets together

Location: 72 Concord St. Manchester, NH

SIGN UP HERE!



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