

TEAM SSG FOX Health & Wellness Program



June Peer Support Group Calendar

Bowling Group

Monday, June 8 - 11 am

Location: Yankee Lanes, 216 Maple Street, Manchester

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

Tennis Lessons

Monday, June 15 - 6:30-8 pm

Location: Provided upon signup

Female veterans are invited to participate in private tennis lessons in a supportive and empowering environment through EmpowHER and SSG Fox. This activity offers an opportunity to build confidence, reduce stress, and connect with fellow women veterans through wellness and recreation.

LGBTQIA+ Veteran Art Group

Wednesday, June 17 - 3:30-4:30 pm

Location: Manchester True Collaborative Community Center, 72 Concord Street, Manchester

Join Manchester True Collaborative and SSG Fox for a Veterans LGBTQIA+ Art Group. Explore creativity through painting, collage, crafts, and more – all in a welcoming and affirming space.

Axe Throwing Night

Thursday, June 18 - 5 pm

Location: Axel's Throw House – 4 Bud Way, Unit 2, Nashua

A fun, low-impact activity that promotes physical health, teamwork, and social connection among Veterans.

Beach Day Trip

Tuesday, June 23 - 10 am

Location: Hampton Beach, Hampton, NH

Veterans are invited to join a fun and relaxing peer support outing to Hampton Beach for a day of beach games, swimming, and connection with fellow veterans. Participants will also have the chance to explore the impressive sand sculptures from the annual sandcastle building competition while enjoying a supportive community atmosphere.

CFE: Game Night

Friday, June 26 - 7-9 pm

Location: CrossFit Earned - 26 Columbia Circle, Merrimack

Join CrossFit Earned and SSG Fox for a relaxed peer support gathering featuring video games, conversation, and community connection. Snacks will be provided, and all veterans and family members are welcome to come unwind, connect, and have fun together.



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by Email



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