

TEAM SSG FOX Health & Wellness Program



September Peer Support Group Calendar

Boots & Beats

Wednesdays, September 9 & 23 - 5 pm

Location: Manchester Vet Center,
1461 Hooksett Road, Hooksett, NH

Prior registration required - 10 spots available.

Boots and Beats, a veteran-centered music program led by music therapist and Navy veteran Tony Varga. We'll explore a range of skills that will prepare you with the confidence to play and sing some of your favorite songs. For advanced players, we'll throw in some lead work to create sizzling solos! The group is open to guitar players of all skill levels, including those who have no experience but a desire to learn. Reading music is not required.

LGBTQIA+ Art Group

Wednesday, September 9 - 5-6:30 pm

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

In partnership with Manchester True Collaborative, SSG Fox invites Veterans to explore creativity through painting, collage, crafts, and more – all in a welcoming and affirming space.

Veteran and First Responder Art Group

#1 Saturday, September 12 - 9-11 am

Location: Tamworth Community Nurse
Association, 86 Main Street, Tamworth, NH

#2 Saturday, September 12 - 12:30-2:30 pm

Location: Easterseals Military & Veteran
Campus, 27 Holy Cross Road, Franklin, NH

#3 Thursday, September 17 - 6-8 pm

Location: Harbor Care, 77 Northeastern
Boulevard, Nashua, NH

NH Veteran Stand Down

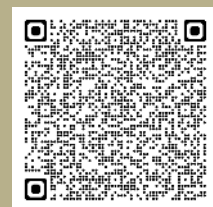
Friday, September 18 - 10 am-2 pm

Location: Eversource Energy Park, 780 N.
Commercial Street, Manchester, NH

Organized by Harbor Care, in partnership with the U.S. Department of Veterans Affairs and Presenting Sponsor Eversource, Stand Down brings veteran-serving organizations, government agencies, community and nonprofit groups, and businesses together in one location, making it easier for veterans and their families to find the help they need.



Register
Today



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Equine Group

Saturday, September 19 - 8:45 am

Location: Strongwater Farm,
500 Livingston Street, Tewksbury, MA

Consistent participation required.

Spend time with horses while learning grooming, leading, and riding skills. No experience necessary – just come ready to connect, learn, and enjoy the outdoors.

Axe Throwing

Wednesday, September 23 - 5:30 pm

Location: The Rugged Axe,
377 S. Willow Street, Manchester, NH

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

Drumming Group

Monday, September 28 - 11 am

Location: Nashua Community Music School,
2 Lock Street, Nashua, NH

Explore and create music as a community with everything from drumming to singing to all sorts of different instrument playing. No experience or musical talent necessary!

Bowling

Monday, September 28 - 11:30 am-1:30 pm

Location: Yankee Lanes, 216 Maple Street,
Manchester, NH

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

Aerial Aerobics

Tuesday, September 29 - 7-8:15 pm

Location: Inverted Perspective Aerial,
187 Londonderry Turnpike, Hooksett, NH

This group uses adaptive aerial aerobics to promote physical strength, stress relief, and emotional resilience while fostering meaningful peer connections. By bringing Veterans together in a space built on trust, camaraderie, and mutual understanding, the program helps reduce isolation, encourage open dialogue about mental health, and reinforce the message that no person must face challenges alone.



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