Upcoming Events NH Mental Health Peer Alliance, July 18 at 10AM

The Alliance is made up of adults with lived experience who want to improve mental health services in NH. Link: https://meet.goto.com/7 09997085 to join us.

Board of Directors, July 19 from 5PM-7PM

All are welcome to attend and have an impact on our peer support center.

BEaYOUtiful Change Makers (Community Meeting), Thursdays at 9:30AM

We need your voice! Help make our community a better place.

OUTING: Prescott Park presents Little Shop of Horrors in Portsmouth!! Transportation Provided July 13, 23-7:30pm Sign up by July 12

Portsmouth Farmers'
Market
May 6, 23- November 4. 23
Saturdays 8AM-Noon
1 Junkins Ave- Portsmouth
City Hall

Double your SNAP benefits'(formerly known as food stamps) using Granite State Market Match!!! Bring your EBT Card and purchase tokens, which are matched dollar for dollar.

JULY 2023 NEWSLETTER



August event: Individual budgeting consultation.
Christina Traurrig from Cornerstone Financial planning will be available to work with you on an individual basis. Whether you need help balancing your checkbook, tips on saving money or setting financial goals, Christina can help you!
Call Nina or email Nina to set up an appointment 603-427-6966 Nina@ConnectionsPeerSupport.org

Open House Sucess!

See Insert for more details!



CONNECTIONS PEER SUPPORT CENTER MONTH 2023 CALENDAR

Monday	Tuesday	Wednesday
7:00 Narcotics Anonymous 9:15 Beginner's Walking Group 10:15 Dance 4 Connections 12:00 Bring Your Own Lunch 1:15 Blogging	9:15 Begginers Walking Group 10:15 Mania 11:15 HVN: Hearing Voices Network (in person and online) 12:00 Bring Your Own Lunch 1:00 Depression and Anxiety	9:15 Begginers Walking Group 10:15 SMART Recovery 11:15 Meditative Art and Journals 12:00 Al-Anon 12:00 Lunch at CPSC Courtesy of Baptist Church 1:00 GRASP (Contact Nicole 24 hours before group to join) 1:00 Nutrition
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544 Islington St, Portsmouth, NH 03801 (603)-427-6966 Center Hours: 8:30-5:30 Mon-Thurs, 8:30-4:30 Fri Warmline Telephone Support: 5-10 PM 7 days a week

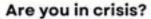
and Allies Group

Study Meeting

6:00 Narcotics Anonymous Step

For more information, please visit our website: connectionspeersupport.org

Warmline Telephone Support: 5-10 PM / days a week connectionspeersupport.org			
Thursday	Friday		
9:15 Beginner's Walking Group 9:30 BEaYOUtiful Change Makers 11:30 Rainbow Connections Group 12:00 Lunch from The Common Table 1:00 Rainbow Connections Friends and Allies Group 6:00 Narcotics Anonymous Step Study Meeting	9:15 Beginner's Walking Group 10:15 All-Recovery Meeting 11:15 Interactive Games 12:00 Bring Your Own Lunch 1:00 Creative Expressions with Kerry	All groups are in person unless marked as ONLINE. All services free of charge. No referral needed.	
9:15 Beginner's Walking Group 9:30 BEaYOUtiful Change Makers 11:30 Rainbow Connections Group 12:00 Lunch from The Common Table 1:00 Rainbow Connections Friends and Allies Group 6:00 Narcotics Anonymous Step Study Meeting *** OUTING*** RSVP by July 12*** 7:30 Prescott Park Presents Little Shop of Horrors	9:15 Beginner's Walking Group 10:15 All-Recovery Meeting 11:15 Interactive Games 12:00 Bring Your Own Lunch 1:00 Creative Expressions with Kerry	We offer transportation. In case of bad weather, the center may close - check our Facebook page for announcements and the special snow day schedule. Masks are optional. Open to everyone 18 and older seeking support in pursuing mental health wellness with an emphasis on hope and recovery. All services are free, and no referral is required. Managed by and for individuals who have or are at risk of having mental health issues, our mission is to support one another on our journey to wellness, and recovery.	
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9:15 Beginner's Walking Group 9:30 BEaYOUtiful Change Makers 11:30 Rainbow Connections Group 12:00 Lunch from The Common Table 1:00 Rainbow Connections Friends		One-on-one support for computer, budgeting, or job skills Residential program staffed 24/7 by peer specialists	





There is help available. 24/7 call, text and chat access to trained crisis counselors who can help you or a loved one experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress.

NH Rapid Response can meet you where you are, provide follow up appointments, or refer you to inpatient options 24 hours a day, 7 days a week.





Are you looking for services?

To connect with local resources in the Seacoast area, go to www.211nh.org OR call 211

Christina Traurig, MBA Cornerstone Financial Planning

Connections Peer Support Center
544 Islington St
Portsmouth, NH 03801
(603) 427-6966
connectionspeersupport.org

In Sad

Remembrance

RIP Don

Don Wickey will be missed by all of us here at Connections. We are all so happy that we had the opportunity to surprise him at the nursing home with a celebration for his 75th birthday. There was such joy in his face when he found himself surrounded by friends, and of course, cake on his big day. Don could always be found outside on the hottest days enjoying the summer sun. We will miss his humor and positive attitude, as well as love of music. He was not only a longtime member of Connections, but a van driver for many years. We will all miss having Don around with his ever-present cup of coffee and good cheer.



Friends are invited to a celebration of life at Clipper Harbor Health care on July 16 at 2:00-5:00

RIP Gail Currier

Saturday, I discovered Gail Currier has passed away.
Turns out she's been gone since the 19th of April day.
For about two years we were Great Friends
Even though she had stage 4 cancer, we hadn't seen the end.



Connections helped Gail to become happy more. She loved seeing the gingerbread houses and trees galore (2021).

Excited so much, she was, while buying her own ring. It was a pleasure listening to music and hear her sing.

It's saddening knowing she's now gone. Glad, I am she's no longer in any pain, not one.



SUMMER SOLSTICE SUCCESS

June 23, 2023 Chrissie Dix, Social Media Coordinator.

Open house is gone and over but will be remembered as a success for our center. There was food, fun, laughter, loud music, and personal stories. I noticed our members communicating and welcoming everyone that attended, sharing the great stories and success, the spirits of all were lively.

Jacky McDonough, Executive Director, lead the activities and showed her spirit and love for our center. Kali led a magical, magic show while telling her story of her time at Connections. We had Manny as a brilliant DJ, Katie helping everyone fill their tickets for the raffle. Carol Hollis, President of the Board of Directors of Connections Peer Support Center, was on hand helping in any way that was needed. There was so much going on its hard to comment on all the happenings. The great news is that the members and staff worked together to make this event happen, showing the community that our center is the place to attend.

Without the help of everyone involved this event could never have happened, thank you!

