

JULY 2023 NEWSLETTER

Mental Health Support

By Peers, For Peers

reaching for connection, rooted in recovery.

connections
peer support center



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 Success!
See Insert for more details!



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/709997085> 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.

CONNECTIONS PEER SUPPORT CENTER MONTH 2023 CALENDAR

Monday

Tuesday

Wednesday

<p>7:00 Narcotics Anonymous 3 9:15 Beginner's Walking Group 10:15 Dance 4 Connections 12:00 Bring Your Own Lunch 1:15 Blogging</p>	<p>9:15 Begginers Walking Group 4 10:15 Mania 11:15 HVN: Hearing Voices Network (in person and online) 12:00 Bring Your Own Lunch 1:00 Depression and Anxiety</p>	<p>9:15 Begginers Walking Group 5 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</p>
<p>7:00 Narcotics Anonymous 10 9:15 Beginner's Walking Group 10:15 Dance 4 Connections 12:00 Bring Your Own Lunch 1:15 Blogging</p>	<p>9:15 Begginers Walking Group 11 10:15 Mania 11:15 HVN: Hearing Voices Network (in person and online) 12:00 Bring Your Own Lunch 1:00 Depression and Anxiety</p>	<p>9:15 Begginers Walking Group 12 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</p>
<p>7:00 Narcotics Anonymous 17 9:15 Beginner's Walking Group 10:15 Dance 4 Connections 12:00 Bring Your Own Lunch 1:15 Blogging</p>	<p>9:15 Begginers Walking Group 18 Barbecue Newcastle Commons 11-2 Transportation Provided</p>	<p>9:15 Begginers Walking Group 19 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</p>
<p>7:00 Narcotics Anonymous 24 9:15 Beginner's Walking Group 10:15 Dance 4 Connections 12:00 Bring Your Own Lunch 1:15 Blogging</p>	<p>9:15 Begginers Walking Group 25 10:15 Mania 11:15 HVN: Hearing Voices Network (in person and online) 12:00 Bring Your Own Lunch 1:00 Depression and Anxiety</p>	<p>9:15 Begginers Walking Group 26 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</p>
<p>7:00 Narcotics Anonymous 31 9:15 Beginner's Walking Group 10:15 Dance 4 Connections 12:00 Bring Your Own Lunch 1:15 Blogging</p>		

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

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

Thursday

Friday



9:15 Beginner's Walking Group **6**
 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 **5**
 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 **13**
 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 **14**
 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.

9:15 Beginner's Walking Group **20**
 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 **21**
 10:15 All-Recovery Meeting
 11:15 Interactive Games
 12:00 Bring Your Own Lunch
 1:00 Creative Expressions with Kerry

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.

9:15 Beginner's Walking Group **27**
 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 **28**
 10:15 All-Recovery Meeting
 11:15 Interactive Games
 12:00 Bring Your Own Lunch
 1:00 Creative Expressions with Kerry

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.

9:15 Beginner's Walking Group **31**
 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

One-on-one support for computer, budgeting, or job skills

Residential program staffed 24/7 by peer specialists



Are you in crisis?

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.

 **New Hampshire**
Rapid Response Access Point
1 (833) 710-6477



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!

