

JANUARY 2023

Upcoming Events

NH Mental Health Peer Alliance, Jan 28th, 10 AM

Come, let your voice be heard. The Alliance is made up of adults with lived experience who want to improve mental health services in NH, organizing to advocate, educate, and inform. Please use this link <https://meet.goto.com/709997085> to join us.

Board of Directors, Wed, Jan 25th, 5 PM

Members and staff welcome and encouraged to attend. Through this link: <https://meet.goto.com/160387205>

Community Meeting, Mon, Jan 4th, 9:15 AM

Whether offering ideas for new groups or getting updates on Step Up/Step Down, this is a chance for our entire community to gather and be involved in making Connections even better. We need your voice! <https://meet.goto.com/709997085>



New Year, New You, New Stuff!

We welcome 2023 with open arms! The new year is a symbol of change. New beginnings stand before us, ready to take our hands and lead us on adventures for the next 12 months. We may not know where we go, but we can feel hope and optimism for the possibilities.

At Connections Peer Support Center, we are also embracing change with new group offerings, like Dance 4 Connections with Jacky, LGBTQ+ Support Group, and a Dual Recovery group. Check out the calendar! We're also exploring evening groups, starting with a Veteran's Support Group and a GRASP group.

Ask Nicole or Nina for details about all these amazing new groups!

OUR VOICES

The Warmline

One of our programs here at CPSC is the Warmline. It is staffed by peers who have been trained in International Peer Support and who have lived experience with mental health issues. As a team there is over forty years of experience with phone support services in the community. This is staffed by our team of Beth, Chrissie, Maureen, Cindy, Erin and Nicole.

All of the operators are very involved in the center as both employees and members. The gift that the operators provide comes from a place of compassion and empathy. Everyone has a tough day or a really great day and sharing these experiences with our team can lift the burden and spread the joy.

This program operates 365 days a year during the hours of 5-10PM. The center is open for calls as well during the weekdays when in operation. With the holidays behind us and the winter months ahead take advantage of this service and share your story.



Dual Recovery Series

The Dual Recovery Series will start in the new year bringing a combination of groups to the center for the dual recovery community in Portsmouth. As you can see on the calendar there will be 12-step groups, SMART recovery, GRASP, and harm reduction groups to open the discussion for understanding the positive aspects of how medication can assist and how the practice of harm reduction techniques can bridge the chasm for many individuals in the community.

All of the groups will be facilitated by staff with these specific certifications and lived experience. We welcome all who are interested in understanding and supporting their peers in this endeavor. Please do not hesitate to contact us with any questions about these groups or the guidelines that are set up to ensure comfort.

Music Therapy and Journey Dance

We are pleased to announce that Sonatina will continue their sessions with us on Tuesdays at 1 PM. This is a great opportunity and fun time to engage with our senses and allow the inspiration to flow. Music is a worldwide phenomenon and every culture on earth has their own voice in this arena.

Larry the guitarist and singer will continue visits and there is also an opportunity to learn the guitar. His fun presence is a welcome addition to the Connections community. Please keep your eyes peeled for announcements as to when he will be joining us.

Jacky McDonough - our very own Executive Director will be leading us through the journey dance sessions that will happen upstairs in the green room in a new group called Dance 4 Connections. This exciting expression has been a huge part of Jacky's path and we are looking forward to being a part of this new offering on Monday mornings.

Staff Holiday Party!



VOICES

OUR VOICES



The Wounded Healer

Pets and animals everywhere can be a vital part of our healing process. Many people have positive experiences with pet therapy and just being around them can lessen loneliness, depression and anxiety. Here at Connections we will resume hosting visits from a community neighbor and their dog. This has always been a great addition to the day.

At SUSD, "Pete" a Golden Retriever whose companion is one of our staff members, visits regularly. Pete came from a rescue and had a tough start as a stud dog at a puppy mill. Although there was a lot of time and care put into Pete, he carries a soothing presence for all who are lucky enough to meet him.

Recently one of our guest at SUSD lost a family dog and it broke their heart. Pete swooped in and was able to connect with them when no human could. This amazing bond is a true gift and healing was able to start. Many pets have kept us company and been that kind being in times of difficulty. Thank you Pete from us all!



CONNECTIONS PEER SUPPORT

Monday

Tuesday

Wednesday

7:00 Portsmouth Early Bird Club **2**
 Narcotics Anonymous **NEW**
 9:15 AM Check-in
 10:00 WRAP Topics
 10:30 Dance 4 Connections **NEW**
 11:30 BYO Lunch/ Walking Group
 *1:15 ONLINE ONLY Hearing Voices
 1:30 Complex PTSD/ACES

9:15 AM Check-in **3**
 10:15 IPS Topics
 11:00 Meditative Art
 11:30 BYO Lunch/TED Talk
 1:00 Music Therapy **NEW**

9:15 Community Meeting **4**
 10:00 Smart Recovery **NEW**
 10:15 Journaling and Blogging
 11:00 LGBTQ+ Support Group **NEW**
 11:30 Bag Lunch/Walking Group
 12:00 Al-Anon Meeting
 1:00 Music with Larry
 1:30 Positive Thinking

7:00 Portsmouth Early Bird Club **9**
 Narcotics Anonymous **NEW**
 9:15 AM Check-in
10:40 Behind the Scenes at the SPCA - Field Trip!
 *1:15 ONLINE ONLY Hearing Voices
 1:30 Complex PTSD/ACES

9:15 AM Check-in **10**
 10:15 IPS Topics
 11:00 Meditative Art
 11:30 BYO Lunch/TED Talk
 1:00 Music Therapy **NEW**

9:15 AM Check-in **11**
 10:00 Smart Recovery **NEW**
 10:15 Journaling and Blogging
 11:00 LGBTQ+ Support Group
 11:30 Bag Lunch/Walking Group
 12:00 Al-Anon Meeting
 1:30 Positive Thinking

7:00 Portsmouth Early Bird Club **16**
 Narcotics Anonymous **NEW**
 9:15 AM Check-in
 10:00 WRAP Topics
 10:30 Dance 4 Connections **NEW**
 11:30 BYO Lunch/ Walking Group
 *1:15 ONLINE ONLY Hearing Voices
 1:30 Complex PTSD/ACES

9:15 AM Check-in **17**
 10:15 IPS Topics
 11:00 Meditative Art
 11:30 BYO Lunch/TED Talk
 1:00 Music Therapy **NEW**

9:15 AM Check-in **18**
 10:00 Smart Recovery **NEW**
10:00 Cold Spring Therapy Dogs
 11:00 LGBTQ+ Support Group
 11:30 Bag Lunch/Walking Group
 12:00 Al-Anon Meeting
 1:30 Positive Thinking

7:00 Portsmouth Early Bird Club **23**
 Narcotics Anonymous **NEW**
 9:15 AM Check-in
 10:00 WRAP Topics
 10:30 Dance 4 Connections **NEW**
 11:30 BYO Lunch/ Walking Group
 *1:15 ONLINE ONLY Hearing Voices
 1:30 Complex PTSD/ACES

9:15 AM Check-in **24**
 10:15 IPS Topics
 11:00 Meditative Art
 11:30 BYO Lunch/TED Talk
 1:00 Music Therapy **NEW**

9:15 AM Check-in **25**
 10:00 Smart Recovery **NEW**
 10:15 Journaling and Blogging
 11:00 LGBTQ+ Support Group
 11:30 Bag Lunch/Walking Group
 12:00 Al-Anon Meeting
 1:00 Music with Larry
 1:30 Positive Thinking
5:00 Board of Directors Meeting

7:00 Portsmouth Early Bird Club **30**
 Narcotics Anonymous **NEW**
 9:15 AM Check-in
 10:00 WRAP Topics
 10:30 Dance 4 Connections **NEW**
 11:30 BYO Lunch/ Walking Group
 *1:15 ONLINE ONLY Hearing Voices
 1:30 Complex PTSD/ACES

9:15 AM Check-in **31**
 10:15 IPS Topics
 11:00 Meditative Art
 11:30 BYO Lunch/TED Talk
 1:00 Music Therapy **NEW**



JANUARY 2023 SCHEDULE

Thursday

Friday

9:15 AM Check-in
 10:00 Dual Recovery/Activities **NEW** 5
 10:15 Anxiety and Depression
 11:15 Hearing Voices
 11:30 Community Lunch at St. John's/Walking Group
 1:15 WRAP Topics
 6:00 GRASP **NEW**
 6:00 Veteran's Support Group **NEW**

9:15 AM Check-in
 10:00 MAT & Harm Reduction **NEW** 6
 10:15 Crafts: Vision Boards
 11:30 Community Lunch & Walking Group
 1:15 Crafts, Movies & Artistic Expression **NEW**
LAST CHANCE TO REGISTER FOR FIELD TRIP ON MONDAY!

9:15 AM Check-in
 10:00 Dual Recovery/Activities **NEW** 12
 10:15 Anxiety and Depression
 11:15 Hearing Voices
 11:30 Community Lunch at St. John's/Walking Group
 1:15 WRAP Topics
 6:00 GRASP **NEW**
 6:00 Veteran's Support Group **NEW**

9:15 AM Check-in
 10:00 MAT & Harm Reduction **NEW** 13
 10:15 Crafts: Aromatherapy
 11:30 Community Lunch & Walking Group
 1:15 Crafts, Movies & Artistic Expression **NEW**

9:15 AM Check-in
 10:00 Dual Recovery/Activities **NEW** 19
 10:15 Anxiety and Depression
 11:15 Hearing Voices
 11:30 Community Lunch at St. John's/Walking Group
 1:15 WRAP Topics
 6:00 GRASP **NEW**
 6:00 Veteran's Support Group **NEW**

9:15 AM Check-in
 10:00 MAT & Harm Reduction **NEW** 20
 10:15 Crafts: Turkish Paper Marbling
 11:30 Community Lunch & Walking Group
 1:15 Crafts, Movies & Artistic Expression **NEW**

9:15 AM Check-in
 10:00 Dual Recovery/Activities **NEW** 26
 10:15 Anxiety and Depression
 11:15 Hearing Voices
 11:30 Community Lunch at St. John's/Walking Group
 1:15 WRAP Topics
 6:00 GRASP **NEW**
 6:00 Veteran's Support Group **NEW**

9:15 AM Check-in
 10:00 MAT & Harm Reduction **NEW** 27
 10:15 Crafts: Valentine's Crafts
 11:30 Community Lunch & Walking Group
 1:15 Crafts, Movies & Artistic Expression **NEW**



All groups are in person unless marked as ONLINE.

All services free of charge.

No referral needed.

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.

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, including group descriptions, please visit our website: connectionspeersupport.org - Or call us at (603) 427-6966



Cocoa with a Cop

Everyone enjoyed having cocoa with a cop at the senior center!

VOICES



Jacky with her new favorite superhero, Community Outreach Coordinator and Detective, Rochelle Jones



Mary making friends with Sergeant Jordan Wells



Our members sitting down with Chief of Police Mark Newport

Cocoa with a Cop was a huge success! We loved having the opportunity to connect with our local police department in a casual setting. Thanks to the Portsmouth Senior Activity Center for hosting this event!

OUR VOICES

My Blessings

Instead of concentrating on wounds, there are blessings.

Blessings are freely given; wounds need dressings.

My life may certainly be filled with thunder!

There's no need to be if it's only a blunder.

Doing my ultimate best to be positive.

Making sure each personality inside isn't fighting.

And understanding is what I need from people I come across.

There are now about twelve and one is a boss.

Amy is fifteen and talks to keep everyone in line.

However, everyone stops and turns when our three-year old whines.

Age three, Marybeth, holds those memories, finally sharing a little.

She knows we can't handle it all, we're too brittle.

The rest of us have suspicion of what else was done.

If she goes, age three Marybeth, we'd all become none.

We have enough problems with what we have been shown.

The blessing we have is that not being known.

Mary E. Barabos

Unexpected Gift

"Good to know you!" That is what a local person said to me. You see, on a blustery fall afternoon I came across someone's expensive cell phone in the crosswalk. I started walking when the signal started beeping to go across safely, and I picked up the phone and put it in my pocket. I did not know where to bring the phone, but I do know that phones are expensive and a lot of times sensitive information is stored on them. I felt the phone vibrate and I saw the display was "father." I answered and the concerned party was understanding. They came and picked up the phone where I was—good job!

Tiny

Gift Giving

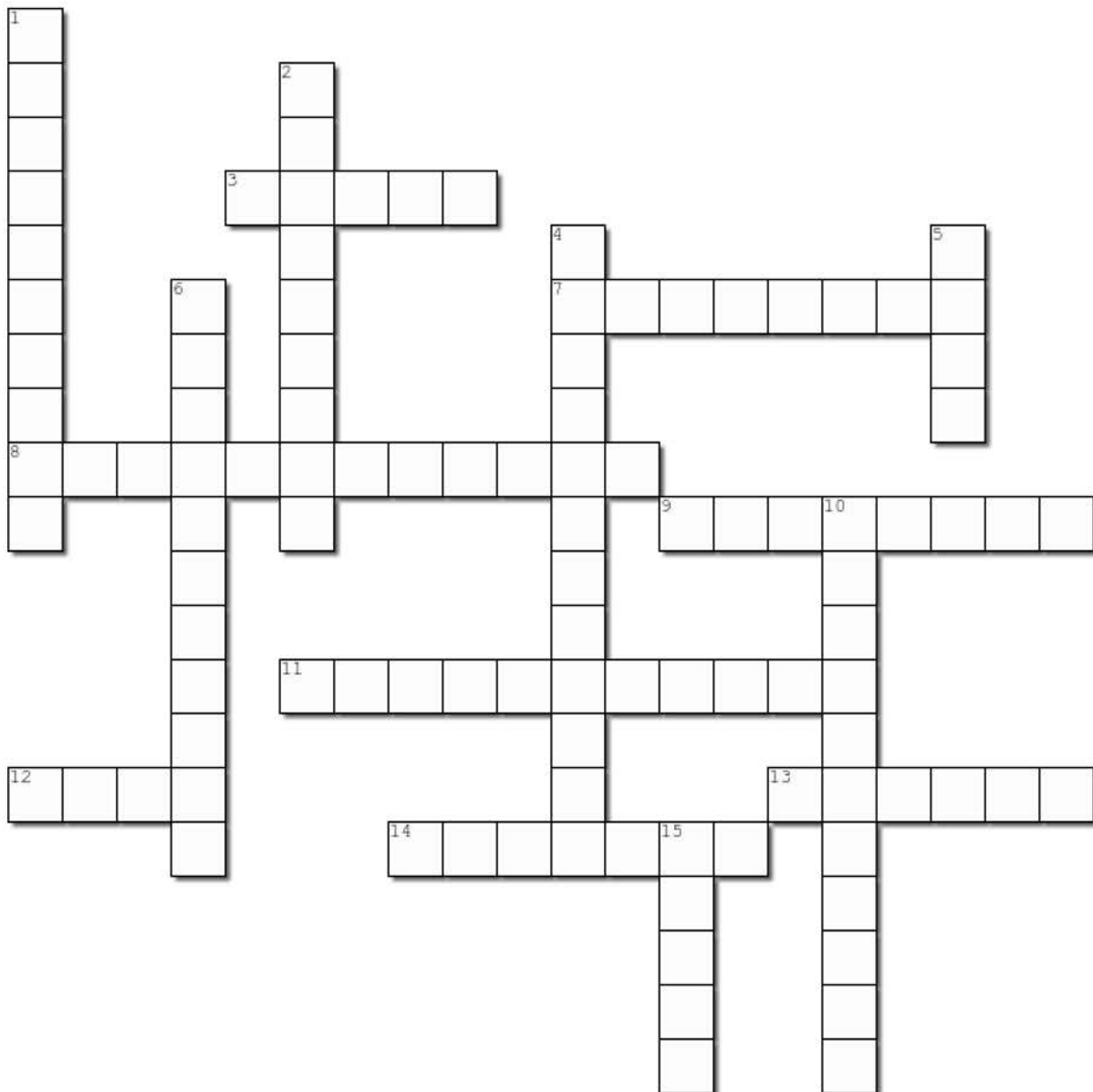
Well, personally I didn't want to buy presents again for Christmas. Truth be told, I had taken some time off from this due to the presents I got in return. But, now I am my own Santa and feel generous to others too. I will keep you posted as to how they were received. I am very happy to be out of my own self-imposed "scrooge-ness" though and in time for this year's Christmas.

Kirsten

PUZZLE

Happy New Year!

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 3. Gathering of People
- 7. Shredded Paper
- 8. Phrase said at midnight
- 9. Time to Celebrate
- 11. January 1st
- 12. A Noisemaker
- 13. People you are related to
- 14. People you like

Down

- 1. Popular Resolution (a)
- 2. Popular Drink
- 4. May Old _____ Be Forgotten
- 5. Touch Lips
- 6. Popular Resolution (b)
- 10. December 31st
- 15. Move to music

PUZZLE

New Years

J Y C E L E B R A T E O C K X A R G K V
 P I Y K T S V H R O S N O O L L A B J M
 U C L K I M U A P F N M U G G Q O Q U E
 K Z U S D O D P D Y O X N J T O U W V S
 J Z W P X D T P O R Y I T F J W A E L X
 D J P I I J D Y G H A H D J S H S V K C
 R H H J T H D N T E B Z O X D R T O M L
 N I A T T V I E L R E O W R A W I R I Q
 Y K S I E W R W X Q A U N E G J N E D Z
 A E C M F B B Y V T H P Y Z I E F K N B
 F P G E N J I E V L N W A I W M K A I F
 H T J S O L O A T F E L Z Y S E W M G R
 U R M S C D F R D N U A E P K J J E H N
 A U J Q Q T R G E W I A I Q R H I S T V
 U F A U O B A Q D U R C M B O T R I G F
 R A V A J F K I S S X D V R W Y E O U S
 K V S R D F Q Y D A R R X Q E H G N Q Y
 C T S E J A C A E S D N E I R F N Z X G
 T J P F R Y Y U G O X X Y V I O U J W M
 N H J C V W O A K B F Z T H F C C P Y M

NEWYEARS DAY
 PARTY
 MISS
 FRIENDS
 BALLOONS

NEWYEARSEVE
 TIMES SQUARE
 NOISEMAKER
 COUNTDOWN
 HAPPYNEWYEAR

MIDNIGHT
 FIREWORKS
 TOAST
 CONFETTI
 CELEBRATE

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COMMUNITY RESOURCES



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

2.1.1

Are you looking for services?

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

Get Connected. Get Help.™
An Initiative of Granite United Way

ColdSprings Healing Paws Foundation, located in New Ipswich, NH specializes in training canines and handlers for the purpose of helping people with special needs as well as training and certifying canines for therapy work. Our goal is to mentor and prepare you to leave an impact with a highly trained dog.
coldspringhealingpaws.org



Our mission is to save the lives of companion animals through rescue, rehabilitation, and adoption; to promote learning, eliminate animal cruelty and be a leader in advancing the highest standards of animal welfare.
nhspca.org

Community Calendar

Official PNH400 2023 Kickoff & Reveal

January 6, 2023, 4:00–6:00pm from Prescott Park to South Church

On January 6th (1.6.23), Portsmouth NH 400th will hold the Official 2023 Kickoff & Reveal Event, opening the celebrations for Portsmouth's 400th Anniversary. All are welcome to this free family and community event. Register online at:

www.portsmouthnh400.org/pnh400-kick-off-party

Party at Puddle Dock presented by Sheehan Phinney

Thursday Jan 19, 2023 6:00 PM - 8:30 PM EST

14 Hancock St., Portsmouth; Strawberry Banke Museum

Party at Puddle Dock takes place after the new year in an indoor/outdoor family-friendly fun fest! Eat, drink, skate and raffle your way into revelry in 2023

\$25 for members, \$30 for non-members, \$10 for children under 12

\$60 for family package (2 adults and 2 children), \$100 for pack of 5 adult tickets

Register online at:

portsmouthchamber.chambermaster.com/eventregistration/register/57720

Find more Portsmouth's 400th Anniversary Events at www.portsmouthnh400.org

WHAT WE OFFER

Groups Mon-Fri in our
Portsmouth center

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

Warmline telephone
support, 5-10 PM seven days
a week

Residential program staffed
24/7 by peer specialists



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.

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