

## Upcoming Events

### **NH Mental Health Peer Alliance, March 21st 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, March 22nd at 5PM-7PM**

All are welcome to attend and have an impact on our peer support center. Link: <https://meet.goto.com/160387205>

### **Community Meeting, March 6th at 9:15AM**

We need your voice! Help make our community a better place. Link: <https://meet.goto.com/709997085>

### **Bob Marley, Comedian March 10th at 8PM March 11th at 5:30PM March 11th at 8PM The Music Hall**

Bob loves being a comedian. He's wicked good at it! He lives in Maine, which is the best state in the world, maybe even the universe. Tickets are \$42. Go to [TheMusicHall.org](http://TheMusicHall.org) to purchase tickets.

### **Monday Movie: Classics and Conversation Mondays 10AM-1PM Portsmouth Public Library**

If you're looking for a way to connect with others in the community, while enjoying free entertainment, look no further! Join us for Connecting with the Classics on the second and fourth Mondays of the month. We will show classic films, provide light refreshments, and an opportunity to meet some of your neighbors!

# MARCH 2023 NEWSLETTER

Mental Health Support

By Peers, For Peers

reaching for connection. rooted in recovery.

connections  
peer support center



## HIGHEST PRAISE

When in crisis, in Hearts Respite, is where to be. Deepest Depression, there is, brought me. Here they help me think things out and plant the seed. No longer do I wish to do that irreversible deed.

When I came here I almost didn't want to exist. By talking it through they helped me resist "They" are specialists of Peer Support. It'll be great to give them all a good report.

These people have good experiences as well as rough. As support, they diffuse rather than being tough. Sometimes someone, like me, comes in with tears. Indeed, they help me figure out my fears.

As for me, I may be able to write, but not ready to leave. My past, and upcoming loss of my Best Friend does weave. From seed to seedling the Peer Specialist helped me raise.

As far as I'm concerned, they deserve the Highest Praise!!!! - Mary B.

# CONNECTIONS PEER SUPPORT CENTER MONTH YEAR CALENDAR

## Monday

## Tuesday

## Wednesday



7:00 Narcotics Anonymous **New!** **6**  
 9:15 COMMUNITY MEETING!  
 10:15 Dance 4 Connections **New!**  
 12:00 TED Talks **New!**  
 1:00 ONLINE & IN PERSON Hearing  
 Voices Network **New!**  
 2:00 PTSD & Complex Trauma **New!**

9:15 Morning Meeting **7**  
 10:15 Chair Yoga **New!**  
 11:15 Managing Stress **New!**  
 12:00 Bring Your Own Lunch  
 1:00 Arts & Crafts with Barbara **New!**

9:15 Morning Meeting **1**  
 10:15 SMART Recovery **New!**  
 10:15 SPECIAL GUEST! Jordyn  
 Greenberg - ART THERAPY  
 12:00 AI-Anon  
 12:00 Lunch at CPSC Courtesy  
 of Middle St. Baptist Church

7:00 Narcotics Anonymous **New!** **13**  
 9:15 Morning Meeting  
 10:15 Dance 4 Connections **New!**  
 12:00 TED Talks **New!**  
 1:00 ONLINE & IN PERSON Hearing  
 Voices Network **New!**  
 2:00 PTSD & Complex Trauma **New!**

9:15 Morning Meeting **14**  
 10:15 Chair Yoga **New!**  
 11:15 Managing Stress **New!**  
 12:00 Bring Your Own Lunch  
 1:00 Arts & Crafts with Barbara **New!**

9:15 Morning Meeting **15**  
 10:15 SMART Recovery **New!**  
 10:15 Wellness Topics Member  
 Choice **New!**  
 12:00 AI-Anon  
 12:00 Lunch at CPSC Courtesy  
 of Middle St. Baptist Church

7:00 Narcotics Anonymous **New!** **20**  
 9:15 Morning Meeting  
 10:15 Dance 4 Connections **New!**  
 12:00 TED Talks **New!**  
 1:00 ONLINE & IN PERSON Hearing  
 Voices Network **New!**  
 2:00 PTSD & Complex Trauma **New!**

9:15 Morning Meeting **21**  
 10:15 Chair Yoga **New!**  
 11:15 Managing Stress **New!**  
 12:00 Bring Your Own Lunch  
 1:00 Arts & Crafts with Barbara **New!**

9:15 Morning Meeting **22**  
 10:15 SMART Recovery **New!**  
 10:15 Wellness Topics Member  
 Choice **New!**  
 12:00 AI-Anon  
 12:00 Lunch at CPSC Courtesy  
 of Middle St. Baptist Church

7:00 Narcotics Anonymous **New!** **27**  
 9:15 Morning Meeting  
 10:15 Dance 4 Connections **New!**  
 12:00 TED Talks **New!**  
 1:00 ONLINE & IN PERSON Hearing  
 Voices Network **New!**  
 2:00 PTSD & Complex Trauma **New!**

9:15 Morning Meeting **28**  
 10:15 Chair Yoga **New!**  
 11:15 Managing Stress **New!**  
 12:00 Bring Your Own Lunch  
 1:00 Arts & Crafts with Barbara **New!**

9:15 Morning Meeting **29**  
 10:15 SMART Recovery **New!**  
 10:15 Wellness Topics Member  
 Choice **New!**  
 12:00 AI-Anon  
 12:00 Lunch at CPSC Courtesy  
 of Middle St. Baptist Church

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](http://connectionspeersupport.org)

## Thursday

## Friday



9:15 Change Makers **2**  
 11:15 The Rainbow Connection:  
 Friends & Allies **New!**  
 12:00 The Common Table lunch at St.  
 John's Episcopal Church  
 5:00 Dual Recovery **New!**  
 6:00 GRASP **New!**

9:15 InShape Wellness **New!** **3**  
 10:15 MAT & Harm Reduction **New!**  
 12:00 Bring Your Own Lunch  
 1:00 Crafts:

**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.**

9:15 Change Makers **9**  
 11:15 The Rainbow Connection **New!**  
 12:00 The Common Table lunch at St.  
 John's Episcopal Church  
 5:00 Dual Recovery **New!**  
 6:00 GRASP **New!**

9:15 InShape Wellness **New!** **10**  
 10:15 MAT & Harm Reduction **New!**  
 12:00 Bring Your Own Lunch  
 1:00 Crafts:

**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 Change Makers **16**  
 11:15 The Rainbow Connection:  
 Friends & Allies **New!**  
 12:00 The Common Table lunch at St.  
 John's Episcopal Church  
 5:00 Dual Recovery **New!**  
 6:00 GRASP **New!**

9:15 InShape Wellness **New!** **17**  
 10:15 MAT & Harm Reduction **New!**  
 12:00 Bring Your Own Lunch  
 1:00 Crafts:

**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 Change Makers **23**  
 11:15 The Rainbow Connection **New!**  
 12:00 The Common Table lunch at St.  
 John's Episcopal Church  
 5:00 Dual Recovery **New!**  
 6:00 GRASP **New!**

9:15 InShape Wellness **New!** **24**  
 10:15 MAT & Harm Reduction **New!**  
 12:00 Bring Your Own Lunch  
 1:00 Crafts:

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

**Residential program staffed 24/7 by peer specialists**

9:15 Change Makers **30**  
 11:15 The Rainbow Connection:  
 Friends & Allies **New!**  
 12:00 The Common Table lunch at St.  
 John's Episcopal Church  
 5:00 Dual Recovery **New!**  
 6:00 GRASP **New!**

9:15 InShape Wellness **New!** **31**  
 10:15 MAT & Harm Reduction **New!**  
 12:00 Bring Your Own Lunch  
 1:00 Crafts:



### 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



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

### Are you looking for services?

To connect with local resources in the Seacoast area, go to [www.211nh.org](http://www.211nh.org) OR call 211



### SPECIAL GUEST!

#### **Art Therapy with Jordyn Greenberg on March 1st at 10:15AM**

Art therapy is about self-expression, used to be creative and express oneself through art, which will then ultimately help people express and resolve their emotions and thoughts. We will be making cards from scratch to write letters to ourselves and others as a way to reflect.

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