

## Upcoming Events

### NH Mental Health Peer Alliance, June 20th at 10AM

The Alliance is made up of adults with lived experience who want to improve mental health services in NH.  
Zoom Meeting ID: 840 7178 5517  
Passcode: 269641

### Board of Directors, June 28th from 5PM-7PM

All are welcome to attend and have an impact on our peer support center. In person or Online at:  
<https://us06web.zoom.us/j/8058234200>

### BeaYOUtiful Change Makers, Thursdays at 9:15AM

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

### Portsmouth Farmer's Market Saturdays 8 a.m. to noon

1 Junkins Ave, City Hall Parking Lot, Portsmouth  
SNAP is accepted at this market. Visit the Market Info booth to get SNAP tokens and we will match you dollar for dollar with [Granite State Market Match!](#)  
[seacoasteatlocal.org](http://seacoasteatlocal.org)

### Portsmouth Pride Saturday, June 24

There are so many amazing Pride events this year, including a parade, a celebration at Strawberry Banke, and even an adult afterparty on the Thomas Leighton! And don't forget that June is Pride Month. There are a lot of events happening all month long, like art showings, garden parties, fundraisers, and more.  
[seacoastoutright.org/copy-of-portsmouth-pride](http://seacoastoutright.org/copy-of-portsmouth-pride)

# JUNE 2023 NEWSLETTER

Mental Health Support

By Peers, For Peers

reaching for connection, rooted in recovery.

# connections

peer support center



## Summer Solstice Open House

Wednesday, June 21st 10:00 AM to 3:00 PM

Come join us for our open house in June for food, fun, and activities. We'll be giving tours, playing cornhole, listening to great summer tunes, and sharing all about what Connections Peer Support Center does for the community.

## TJ's Poem

I think I might be  
disappearing  
I disintegrate into light  
I seek out the darkness  
So I don't have to blend in  
I create the shadows  
By understanding my  
limitations  
I travel the depths of the  
deepest ocean  
Until I can no longer reach

the bottom  
I'm one light particle of  
many  
That make the stars in the  
sky  
Maybe I'm not  
disappearing  
Maybe I'm too bright.

TJ

## CONNECTIONS PEER SUPPORT CENTER JUNE 2023 CALENDAR

**Monday**

**Tuesday**

**Wednesday**

**DON'T FORGET!**

**PROUDLY PARTICIPATING IN  
NH GIVES**

SUPPORT US ON JUNE 6-7, 2023 5PM - 5PM

[nhgives.org/organizations/connections-peer-support-center](https://nhgives.org/organizations/connections-peer-support-center)

7:00 Narcotics Anonymous  
9:15 Beginner Walking Group  
10:15 Dance 4 Connections  
10:15 CPTSD  
10:15 Meditative Art/Journaling  
12:00 Bring Your Own Lunch  
1:00 Blogging

**5**

9:15 Beginner Walking Group  
10:15 Mania  
11:00 HVN (Hearing Voices Network,  
Online and In-Person)  
11:15 Stress Management  
12:00 Bring Your Own Lunch  
1:00 Depression  
1:00 Music with Larry

**6**

9:15 Beginner Walking Group  
10:15 SMART Recovery  
11:15 Meditative Art/Journaling  
12:00 AI-Anon  
12:00 Lunch at CPSC Courtesy of  
Middle Street Baptist Church  
1:00 GRASP (Contact Nicole 24  
Hours before group to join)  
1:00 Nutrition Group

**7**

NH GIVES STARTS AT 5:00 PM ON JUNE 6TH AND ENDS AT 5:00 PM JUNE 7TH

7:00 Narcotics Anonymous  
9:15 Beginner Walking Group  
10:15 Dance 4 Connections  
10:15 CPTSD  
10:15 Meditative Art/Journaling  
12:00 Bring Your Own Lunch  
1:00 Blogging

**12**

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Online and In-Person)  
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1:00 Music with Larry

**13**

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12:00 AI-Anon  
12:00 Lunch at CPSC Courtesy of  
Middle Street Baptist Church  
1:00 GRASP (Contact Nicole 24  
Hours before group to join)  
1:00 Nutrition Group

**14**

7:00 NO NARCOTICS ANONYMOUS  
9:15 Beginner Walking Group  
10:15 Dance 4 Connections  
10:15 NO CPTSD  
10:15 Meditative Art/Journaling  
12:00 Bring Your Own Lunch  
1:00 Blogging

**19**

9:15 Beginner Walking Group  
10:15 Mania  
11:00 HVN (Hearing Voices Network,  
Online and In-Person)  
11:15 Stress Management  
12:00 Bring Your Own Lunch  
1:00 Depression  
1:00 Music with Larry

**20**

9:15 Beginner Walking Group

**21**

**10 AM  
to  
3 PM**



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**26**

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**27**

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1:00 Nutrition Group

**28**

**DON'T FORGET!** Board of Directors Meeting 5 PM - 7 PM

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 Beginner Walking Group  
 9:30 BEaYOUtiful Change Makers  
 11:30 The Rainbow Connection  
 12:00 Lunch from The Common Table  
 6:00 Narcotics Anonymous Step Study  
 6:00 Narcotics Anonymous

1

9:15 Beginner Walking Group  
 10:15 Dual Recovery  
 11:15 Interactive Games  
 12:00 Bring Your Own Lunch  
 1:00 Creative Expressions with Kerry

2

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 9:30 BEaYOUtiful Change Makers  
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8

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15

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 11:15 Interactive Games  
 12:00 Bring Your Own Lunch  
 1:00 Creative Expressions with Kerry

16

9:15 Beginner Walking Group  
 9:30 BEaYOUtiful Change Makers  
 11:30 The Rainbow Connection  
 12:00 Lunch from The Common Table  
 6:00 NO NA STEP STUDY  
 6:00 NO NARCOTICS ANONYMOUS

22

9:15 Beginner Walking Group  
 10:15 Dual Recovery  
 11:15 Interactive Games  
 12:00 Bring Your Own Lunch  
 1:00 Creative Expressions with Kerry

23

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29

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30

**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.**

**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.**

**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](http://www.211nh.org) OR call 211



## HELP US REACH OUR FUNDRAISING GOALS!

[nhgives.org/organizations/connections-peer-support-center](http://nhgives.org/organizations/connections-peer-support-center)  
New Hampshire Gives (NH Gives) is a 24-hour online fundraising event that takes place annually in June. The event is organized by the NH Center for Nonprofits, in collaboration with businesses, donors, and nonprofit organizations across the state.

*NH Gives is just around the corner! Every dollar makes a difference*

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

## Linda Lou's Poem

I like to go swimming  
I like the sun and  
I like the birds  
I like the flowers and  
I like everything about  
Spring and summertime  
I can see the light again.

Linda Lou



Summer Art by Linda Lou

## Monica's Poem

When I make it to the top of this mountain,  
I'm going to bring all my friends up here.  
I'll wrap them in a golden fleece  
And kiss away their fears.

I'll send out these purple passion birds,  
With their wisdom lines of ages,  
Composed of healing olive branches  
And the knowledge of the sages.

When I make it to the top of this mountain,  
I'll turn 'round and go back again.  
Sure, I'll stumble and fall, but I'll question it all,  
And I learn what I need to know then.

For when you know nothing you have everything to give  
And your gifts will fall from the sky.  
For we're all climbing the same mountain  
And it's our nature to ask ourselves 'why?'

Monica



## Summer

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

SUMMER  
POOL  
ICECREAM  
FRIENDS  
HOTDOGS  
VACATION

HOT  
SWIMMING  
SUNSHINE  
WATERMELON  
POPSICLE  
OUTSIDE

SWEAT  
SPRINKLER  
BIKE  
PICNIC  
SWIMSUIT  
CAMPING



Spring Gardens



Rainbow Art



Mowing the Lawn



Handmade Flowers