

# AUGUST 2023 NEWSLETTER

Mental Health Support

By Peers, For Peers



reaching for connection. rooted in recovery.

connections  
peer support center

## Upcoming Events

### NH Mental Health Peer Alliance

August 15 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, August 23 from 5PM-7PM

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

### BEaYOUtiful Change Makers (Community Mtg) Thursdays at 9:30AM

Let your voice be heard, help mold and change Connections into a place we can grow, learn and support one another. Please join, we need your voice!

### Field Trip to State House August 18, 2023

Depart at 8:45 AM

Return at 4:00 PM

Transportation Provided (Please see calendar for more information).

### Portsmouth Farmers Market May-November

Saturdays 8AM-12PM

Located at City Hall in Portsmouth

SNAP Benefit users can use Granite State Market Match to double their benefits at the market by purchasing coins, you will be matched dollar for dollar, Take advantage of this program!



## Way To Go TJ!!!!

**TJ M., a long-standing member of Connections, has signed up for prerequisite classes at Greater Bay Community College. TJ aspires to be a chiropractor. TJ has an undergraduate degree in physical therapy. After his recent mental health challenges, TJ feels he is ready to return and pursue his degree. He uses his support system, supportive employment through Seacoast Mental Health Center, and vocational rehabilitation. We should all encourage TJ on this wonderful journey he is about to embark upon. Let's show him care, support and all the encouragement that he needs.**

**Way to go TJ, you're moving up in the world, and we are all so very happy for you.**



Look for this symbol to find our newest groups!

## CONNECTIONS PEER SUPPORT CENTER AUGUST 2023 CALENDAR

### Monday

### Tuesday

### Wednesday

**9:15 Member Run Morning Mtg  
OR Member Run Walk**  
10:15 Mania  
11:15 HVN or IPS Topics  
(HVN is online & in-person)  
12:00 Bring Your Own Lunch  
1:00 Depression and Anxiety  
2:00 Cleanup

**1**

**9:15 Member Run Morning Mtg  
OR Member Run Walk**  
10:15 Newsletter/ Blogging  
11:15 Advocacy Group  
12:00 Lunch Courtesy of  
Middle St Baptist Church  
1:00 Mental Health & Stigma  
2:00 Cleanup

**2**

**9:15 Member Run Morning Mtg  
OR Member Run Walk**  
10:15 IPS Topics  
11:15 Poetry with Mary &  
Monica  
1:00 Fundraising Banner  
Painting  
2:00 Cleanup

**7**

**9:15 Member Run Morning Mtg  
OR Member Run Walk**  
10:15 Mania  
11:15 HVN or IPS Topics  
(HVN is online & in-person)  
12:00 Bring Your Own Lunch  
1:00 Depression and Anxiety  
2:00 Cleanup

**8**

**9:15 Member Run Morning Mtg  
OR Member Run Walking Group**  
10:00 **Speaker Arianna: 988 CIT**  
11:15 Advocacy Group  
12:00 Lunch Courtesy of  
Middle St Baptist Church  
1:00 Mental Health & Stigma  
2:00 Cleanup

**9**

**9:15 Member Run Morning Mtg  
OR Member Run Walk**  
10:15 IPS Topics  
11:15 Poetry with Mary &  
Monica  
1:00 Fundraising Banner  
Painting  
2:00 Cleanup

**14**

**9:15 Member Run Morning Mtg  
OR Member Run Walk**  
10:15 Mania  
11:15 HVN or IPS Topics  
(HVN is online & in-person)  
12:00 Bring Your Own Lunch  
1:00 Depression and Anxiety  
2:00 Cleanup

**15**

**9:15 Member Run Morning Mtg  
OR Member Run Walking  
Group**  
10:15 Newsletter/ Blogging  
11:15 Advocacy Group  
12:00 Lunch Courtesy of  
Middle St Baptist Church  
1:00 Mental Health & Stigma  
2:00 Cleanup

**16**

**9:15 Member Run Morning Mtg  
OR Member Run Walk**  
10:15 IPS Topics  
11:15 Poetry with Mary &  
Monica  
1:00 Fundraising Banner  
Painting  
2:00 Cleanup

**21**

**9:15 Member Run Morning Mtg  
OR Member Run Walking Grp**  
10:15 Mania  
11:15 HVN or IPS Topics  
(HVN is online and in-person)  
12:00 Bring Your Own Lunch  
1:00 Depression and Anxiety  
2:00 Cleanup

**22**

**9:15 Member Run Morning Mtg  
OR Member Run Walking Group**  
10:15 Newsletter/ Blogging  
11:15 Advocacy Group  
12:00 Lunch Courtesy of  
Middle St Baptist Church  
1:00 Mental Health & Stigma  
2:00 Cleanup

**23**

**9:15 Member Run Morning Mtg  
OR Member Run Walking Grp**  
10:15 IPS Topics  
11:15 Poetry with Mary &  
Monica  
1:00 Fundraising Banner  
Painting  
2:00 Cleanup

**28**

**9:15 Member Run Morning Mtg  
OR Member Run Walking Grp**  
10:15 Mania  
11:15 HVN or IPS Topics  
(HVN is online and in-person)  
12:00 Bring Your Own Lunch  
1:00 Depression and Anxiety  
2:00 Cleanup

**29**

**9:15 Member Run Morning Mtg  
OR Member Run Morning Walk**  
10:15 Newsletter/ Blogging  
11:15 Advocacy Group  
12:00 Lunch Courtesy of  
Middle St Baptist Church  
1:00 Mental Health & Stigma  
2:00 Cleanup

**30**

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 Member Run Morning Mtg**  
**OR Member Run Walk** **3**  
**10:15 BEaYOUtiful Change Makers**  
**(Weekly Community Meeting)**  
**11:15 Rainbow Connections (LGBTQ)**  
**11:15 IPS Topics**  
**12:00 Lunch Courtesy of St Johns**  
**1:00 Rainbow Connections Allies**  
**1:00 WRAP Topics**  
**2:00 Cleanup**

**9:15 Member Run Morning Mtg** **4**  
**OR Member Run Walk**  
**10:15 GATHER**  
**10:15 Interactive Games**  
**11:15 Nutrition**  
**12:00 Bring Your Own Lunch**  
**1:00 Art with Kerry**  
**2:00 Cleanup**

All groups are in person unless marked as ONLINE.

All services free of charge.

No referral needed.

**9:15 Member Run Morning Mtg**  
**OR Member Run Walk** **10**  
**10:15 BEaYOUtiful Change Makers**  
**(Weekly Community Meeting)**  
**11:15 Rainbow Connections (LGBTQ)**  
**11:15 IPS Topics**  
**12:00 Lunch Courtesy of St Johns**  
**1:00 Rainbow Connections Allies**  
**1:00 WRAP Topics**  
**2:00 Cleanup**

**9:15 Member Run Morning Mtg** **11**  
**OR Member Run Walk**  
**10:15 GATHER**  
**10:15 Interactive Games**  
**11:15 Nutrition**  
**12:00 Bring Your Own Lunch**  
**1:00 Art with Kerry**  
**2:00 Cleanup**

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 Member Run Morning Mtg**  
**OR Member Run Walk** **17**  
**10:15 BEaYOUtiful Change Makers**  
**(Weekly Community Meeting)**  
**11:15 Rainbow Connections (LGBTQ)**  
**11:15 IPS Topics**  
**12:00 Lunch Courtesy of St Johns**  
**1:00 Rainbow Connections Allies**  
**1:00 WRAP Topics**  
**2:00 Cleanup**

## Field Trip

**State House Tour**  
**Time of Departure: 8:45 AM**  
**Time of Return: 4:00 PM**  
**Information about the trip can be found:**  
<https://www.naminh.org/events/state-house-tour-2/>  
**Please see Nina or Chrissie to sign up for the trip.**  
**Please RSVP by August 16, 2023 by 2PM**

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 Member Run Morning Mtg**  
**OR Member Run Walking Group** **24**  
**10:15 BEaYOUtiful Change Makers**  
**(Weekly Community Meeting)**  
**11:15 Rainbow Connections (LGBTQ)**  
**11:15 IPS Topics**  
**12:00 Lunch Courtesy of St Johns**  
**1:00 Rainbow Connections Allies**  
**1:00 WRAP Topics**  
**2:00 Cleanup**

**9:15 Member Run Morning Mtg** **25**  
**OR Member Run Walking Group**  
**10:15 GATHER**  
**10:15 Interactive Games**  
**11:15 Nutrition**  
**12:00 Bring Your Own Lunch**  
**1:00 Art with Kery**  
**2:00 Cleanup**

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 Member Run Morning Mtg**  
**OR Member Run Walking Group** **31**  
**10:15 BEaYOUtiful Change Makers**  
**(Weekly Community Meeting)**  
**11:15 Rainbow Connections (LGBTQ)**  
**11:15 IPS Topics**  
**12:00 Lunch Courtesy of St Johns**  
**1:00 Rainbow Connections Allies**  
**1:00 WRAP Topics**  
**2:00 Cleanup**

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

**NAMINH.ORG**

**NAMINH Mission:**

**"NAMI New Hampshire is a grassroots organization working to improve the lives of all people affected by mental illness and suicide through support, education and advocacy." -[www.naminh.org/about/](http://www.naminh.org/about/)**

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