

Upcoming Events

NH Mental Health Peer Alliance, May 16th 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, May 24th from 5PM-7PM

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

Community Meeting is now Change Makers every Thursday at 10:15 AM

Join us to learn about what is happening at Connections and how you can be a part of it.

Walking Through 400 years of History

- **Daily at 10:30 a.m.**
- **Additional tours every Saturdays and every other Friday at 2:30 p.m.**
- **Private tours may be available upon request**

Portsmouth Historical Society
10 Middle St.

Portsmouth, NH

- \$20 General Ticket
- \$15 Member Ticket
- \$15 Discount Ticket (children 5-18, students, seniors 62+, and Portsmouth residents)

Our downtown is filled with hidden treasures. Our knowledgeable walking tour guides will introduce you to the city's rich past and lively present—a unique mix of architecture, specialty shops, and bustling streets nestled in a village-like setting. This 90-minute guided walking tour is sure to bring the history of Portsmouth alive!

MAY 2023 NEWSLETTER

Mental Health Support

By Peers, For Peers



nhgives.org/organizations/connections-peer-support-center

**PROUDLY PARTICIPATING IN
NH GIVES**

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

We raised about \$9000 in 2022. Let's blow that goal out of the water in 2023. We can't do it without you!

NH Gives is Only a Month Away!

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 donors, businesses, and nonprofit organizations across the state.

During NH Gives, nonprofits have the opportunity to raise funds through online platforms and promotional activities. The event is designed to promote charitable giving and support the work of nonprofit organizations in New Hampshire.

NH Gives provides a voice for nonprofits to connect with donors, share their stories, and raise awareness about their missions. Donors can search for and donate to the nonprofits of their choice, with all donations processed securely online.



In addition to fundraising, NH Gives also includes social media challenges, hourly prize incentives, and other promotional activities to engage donors and create a fun, exciting atmosphere around charitable giving.

CONNECTIONS PEER SUPPORT CENTER MONTH 2023 CALENDAR

Monday

Tuesday

Wednesday

7:00 Narcotics Anonymous
 9:15 Beginner Walking Group 
 10:15 Dance 4 Connections
 10:15 CPTSD
 11:15 Journaling/Meditative Art
 12:00 Games and BYO Lunch
 1:00 Blogging 

1

9:15 Beginner Walking Group 
 10:15 Mania 
 11:15 ONLINE & IN PERSON Hearing
 Voices Network
 11:15 Stress Management
 12:00 Bring Your Own Lunch
 1:00 Depression Group 

2

9:15 Beginner Walking Group 
 10:15 SMART Recovery 
 10:15 Wellness Topics
 11:15 Journaling/Meditative Art
 12:00 AI-Anon
 12:00 Lunch at CPSC Courtesy
 of Middle St. Baptist Church
 1:00 GRASP (contact Nicole to join)
 1:00 Nutrition Group


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**CLOSED FOR
 MEMORIAL
 DAY**



29

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30

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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 Walking Group **New!**
 10:15 Change Makers
 11:15 The Rainbow Connection
 12:00 The Common Table lunch at St. John's Episcopal Church
 1:15 Music and Recovery

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9:15 Beginner Walking Group **New!**
 10:15 Dual Recovery
 11:15 Banner Painting! **New!**
 12:00 Bring Your Own Lunch
 1:00 Creative Expressions

5

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First BBQ of the Season!
 Newcastle Commons
 from 11 AM - 2 PM
 All Are Welcome!



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

- SPECIALS -

Banner Painting!
 Help us paint banners for our upcoming special events!



Grief Recovery After a Substance Passing

GRASP is a grief support group for people who have lost a loved one to substance use disorder. To join, please contact Nicole at least 24 hours in advance. This is a closed group.



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.

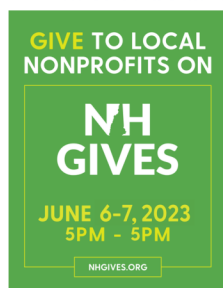
NH Rapid Response can meet you where you are, provide follow up appointments, or refer you to inpatient options 24 hours a day, 7 days a week.

 **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



Please Donate to Connections Peer Support During NH Gives

Did you know that Connections Peer Support Center offers a safe, welcoming space for individuals with mental health challenges? Your donation during NH Gives can help us continue to provide these resources. Donate on June 6th - 7th at: nhgives.org/organizations/connections-peer-support-center

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