

April 2022

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### Upcoming events

**NH Mental Health Peer Alliance, Tue Apr, 19, 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, Apr 27, 5 PM.** Members and staff welcome and encouraged to attend. Through this link: <https://meet.goto.com/160387205>

**Community Meeting, Fri, Apr 15, 10:15 AM**  
Whether offering ideas for new groups or getting updates on Step Up/Step Down, this 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>



## Hope Springs



*Spring arrives*

A bedrock principle of Intentional Peer Support is “From Fear to Hope.” A corresponding task is, “Moving Towards,” the idea that we focus not on moving away from what we need to stop or avoid but toward what we want. As the ground thaws and flowers emerge, Spring is the perfect season to focus on that task of building hope into our lives and taking steps to realize our goals.

Inside, there are some thoughts on creating a concrete picture of your vision, tackling the nitty-gritty of money, and our new calendar that offers a variety of groups to support you as you grow. We hope to see you soon.

# CONNECTING WITH MONEY



Often, when we talk about wellness, we don't think about money, but our financial health is incredibly important to our lives. Whether it is making sure that we have the resources to meet our basic needs, gaining skills to feel in control of our finances, or being able to work toward accomplishing our goals, working on our relationship with money can truly change our lives for the better.

For several years now Christina Traurig, from Cornerstone Financial, has volunteered at Connections, offering one-on-one support for financial planning, budgeting, or just bouncing around ideas.

We caught up with Christina for a chat

## **How did you come to volunteer at Connections?**

I first learned about Connections at a West End Business gathering. I heard about its purpose and work. I went over, introduced myself and asked if support around budgeting and financial issues might be of use to the community. So that's how it started.

## **What have you noticed that most folks miss or need when it comes to their finances?**

Oh, there have been a variety of things, but the most common are needing to set up a basic budget and making sure that you are tracking all money in or out.

## **What would you like folks to know about you?**

I'm a transplant from Cincinnati and I love living near the sea, and enjoying my adopted town, whether strolling through Prescott Park or taking a drive up Mt. Agamenticus.

I've really enjoyed my work at Connections. It's different from how I usually spend my days and it's been great to help empower people to understand and take control of their finances

## **Any advice for our readers?**

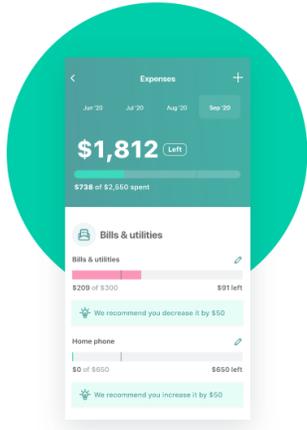
For those still using a checkbook, keeping it balanced is so important. If you have a goal, make milestones for yourself so you can really see your progress.

There are also some really great, free online resources that I recommend

*If you would like support in setting up a budget, creating a savings plan, or taking control of your finances, please call us at 603 427 6966 to set up a session with Christina.*

# FREE RESOURCES FOR YOUR MONEY JOURNEY

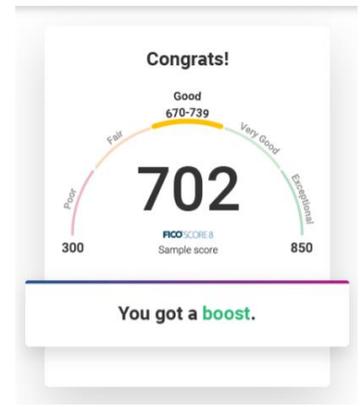
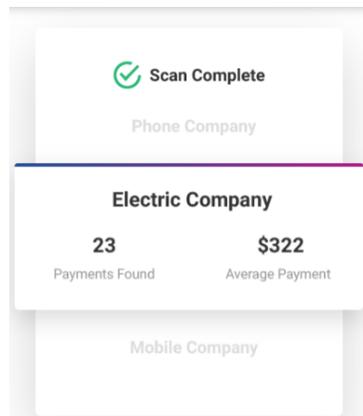
## Mint.org



Mint is a free (with ads) app from the folks that bring you TurboTax and Quickbooks. The Mint app helps you set up a budget and savings goals, tracks bills and due dates, categorizes your spending, and more. There is an ad-free version for \$4.99/month. Christina recommends it because it is an, easy, convenient way to see how you are doing with your budget.

## <https://www.experian.com/consumer-products/score-boost.html>

Experian Boost is set up to help you raise your credit score. This can affect whether you get approved for credit or a loan, how much interest you pay and more. You get credit for the bills you pay on time, access to your FICO score, and get free credit monitoring. Christina says it is a free tool to positively impact your credit score.



## 360financialliteracy.org



What's the difference between a credit score and credit report? Why doesn't your budget work? What questions should you ask about your employee benefits? You can find answers to these questions and so much more with this free service from the American Institute of Certified Public Accountants. Pretty much every topic in consumer finance is covered.

## OUR VOICES



~from Beth

~



~from Paula

*Kirsten's Wish for us all*

MAY WE ALL SUCCEED IN ALL THE WAYS WE  
SHOULD, JUSTLY.

## A Gift from a SUSD Alumni

In February's newsletter, member Chrissie shared a reflection on her time at Connections' Community Step Up/Step Down, our peer-driven residential program, and how her stay allowed her to develop skills to avoid hospitalization.

Recently Chrissie brought back a gift; it is the diamond painting she began when she stayed with us in December. It will shortly have pride of place at SUSD's home as a lovely remembrance from a dear friend.

Thank you, Chrissie!



# NEWS AND HAPPENINGS



## Flatbread Fundraiser Banner in Progress

Come by the Portsmouth Flatbread Company, at 138 Congress St, on Wednesday evening, April 13, to enjoy some amazing food and support Connections at the same time. A portion of the proceeds from every flatbread will go towards building our peer support program. Sounds like a win-win to us!

Below, Paula and Beth are getting ready for the big event by working on our latest community art project; a banner to hang at the restaurant announcing the event. Come by and check out the final product.



## Vision Boards



What do you dream about for your future? During Wednesday afternoons in March, we have been thinking about just that, creating collages that concretely represent the visions we have for ourselves and our futures.

Nicole, our facilitator says, “creative visualization is a great way to work on your goals. Putting it out in the universe starts the process. Having a visual reminder to look at every day can help with motivation and purpose.”

While Vision Board workshops won't continue in April, Friday afternoons will include Wellness Recovery Action Planning (WRAP) with art journaling, another way to working on the life we want. Feel free to bring any special pictures, materials, etc., but supplies are provided

# Connections Peer Support



544 Islington St, Portsmouth, NH 03801  
603-427-6966

Center hours: 8:30-5:30 Mon-Thur,  
8:30-4:30 Fri

Warmline Telephone Support:  
5-10 PM 7 days a week

Monday	Tuesday	Wednesday
 <p style="text-align: center;"><b>Warmline:</b> <b>When You Just Want to Talk to Someone</b></p> <p style="text-align: center;">Our trained peers are here to listen 365 days a year from 5-10 PM. If you are having a great success, or having a tough day and need some support, give us a call. day and want to share your 603 427 6966</p>		
9:15 AM Check-in <b>4</b> 10:15 Interpersonal Communication 11:00 Hearing Voices 11:30 BYO Lunch/Check-in/Neighborhood Walk 1:15 Tolerating Tough Times 2:15 Dual Recovery*	9:15 AM Check-in <b>5</b> 10:15 IPS Topics 11:30 BYO Lunch/Check-in/Neighborhood Walk 1:15 <b>Sonatina:Music for Mind and Spirit</b>	9:15 AM Check-in <b>6</b> 10:15 Trauma and Grounding Techniques 11:30 Community Lunch/Check-in/Neighborhood Walk 1:15 Compassion and Forgiveness for Self and Others
9:15 AM Check-in <b>11</b> 10:15 Interpersonal Communication 11:00 Hearing Voices 11:30 BYO Lunch/Check-in/Neighborhood Walk 1:15 Tolerating Tough Times 2:15 Dual Recovery*	9:15 AM Check-in <b>12</b> 10:15 IPS Topics 11:30 BYO Lunch/Check-in/Neighborhood Walk 1:15 <b>Sonatina:Music for Mind and Spirit</b>	9:15 AM Check-in <b>13</b> 10:15 Trauma and Grounding Techniques 11:30 Community Lunch/Check-in/Neighborhood Walk 1:15 Compassion and Forgiveness for Self and Others
9:15 AM Check-in <b>18</b> <b>10:15 Guest Author: Jordana Mayim</b> 11:00 Hearing Voices 11:30 BYO Lunch/Check-in/Neighborhood Walk <b>1:15 Collage and Poetry Workshop</b> 2:15 Dual Recovery	9:15 AM Check-in <b>19</b> 10:15 <b>NH Peer Alliance</b> 11:30 BYO Lunch/Check-in/Neighborhood Walk 1:15 <b>Sonatina:Music for Mind and Spirit</b>	9:15 AM Check-in <b>20</b> 10:15 Trauma and Grounding Techniques 11:30 Community Lunch/Check-in/Neighborhood Walk 1:15 Compassion and Forgiveness for Self and Others
9:15 AM Check-in <b>25</b> 10:15 Interpersonal Communication 11:00 Hearing Voices 11:30 BYO Lunch/Check-in/Neighborhood Walk 1:15 Tolerating Tough Times 2:15 Dual Recovery*	9:15 AM Check-in <b>26</b> 10:15 IPS Topics 11:30 BYO Lunch/Check-in/Neighborhood Walk 1:15 Music Appreciation	9:15 AM Check-in <b>27</b> 10:15 Trauma and Grounding Techniques 11:30 Community Lunch/Check-in/Neighborhood Walk 1:15 Compassion and Forgiveness for Self and Others <b>5:00 Board of Directors' Meeting</b>

# April 2022 Schedule

For more information, including group descriptions, please visit our website:

[Connectionspeersupport.org](http://Connectionspeersupport.org)

Or call 603 427 6966



Thursday	Friday	
<p><i>Do you need support with budgeting, computer, or job skills? We got you!</i> Give us a call to set up a time for one-on-one support.</p>	<p>9:15 AM Check-in <b>1</b> 10:15 Emotional Regulation Skills 11 Visit Gather/Hannaford 11:30 BYO Lunch/Check-in/Neighborhood Walk 1:15 WRAP Planning/Art Journaling</p>	<ul style="list-style-type: none"> <li>• All services free of charge.</li> <li>• No referral needed.</li> <li>• We offer transportation.</li> <li>• Groups available in person or online.</li> <li>• In case of bad weather, the center may close but groups still run online.</li> <li>• Masks are optional.</li> </ul>
<p>9:15 AM Check-in <b>7</b> 10:15 Anxiety and Depression 11:30 Community Lunch/Check-in/Neighborhood Walk 1:15 <b>NAMI:In our Own Voices</b></p>	<p>9:15 AM Check-in <b>8</b> 10:15 Emotional Regulation Skills 11 Visit Gather/Hannaford 11:30 BYO Lunch/Check-in/Neighborhood Walk 1:15 WRAP Planning/Art Journaling</p>	
<p>9:15 AM Check-in <b>14</b> 10:15 Anxiety and Depression 11:30 Community Lunch/Check-in/Neighborhood Walk 1:15 Nutrition Topics</p>	<p>9:15 AM Check-in <b>15</b> 10:15 <b>Community Meeting</b> 11:00 Visit Gather/Hannaford 12:00 BYO Lunch/Check-in/Neighborhood Walk 1:15 WRAP Planning/Art Journaling</p>	
<p>9:15 AM Check-in <b>21</b> 10:15 Anxiety and Depression 11:30 Community Lunch/Check-in/Neighborhood Walk 1:15 Nutrition Topics</p>	<p>9:15 AM Check-in <b>22</b> 10:15 Emotional Regulation Skills 11 Visit Gather/Hannaford 11:30 BYO Lunch/Check-in/Neighborhood Walk 1:15 WRAP Planning/Art Journaling</p>	
<p>9:15 AM Check-in <b>31</b> 10:15 Anxiety and Depression 11:30 Community Lunch/Check-in/Neighborhood Walk 1:15 Nutrition Topics</p>		
	<p><b>Step-Up Step-Down: Taking Peer Support to a Whole New Level</b> Connections Community is our peer-driven, voluntary residential program. Staffed by peer specialists, we are here to support you in achieving your mental health goals. For more information, please see our website</p> <p><a href="http://connectionspeersupport.org/susd">connectionspeersupport.org/susd</a></p>	

# COMMUNITY RESOURCES

Please send any additions or corrections to

[info@connectionspeersupport.org](mailto:info@connectionspeersupport.org)

**Crisis Text: Text HOME to 741741 to connect with a trained crisis counselor [www.crisistextline.org](http://www.crisistextline.org)**

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

## Service Link:

Your link to information and support services within your community.

<https://www.servicelink.nh.gov/>

Toll Free Number: 1-866-634-9412

## Peer Respite:

Peer Respite is a 24-hour, peer-driven, short-term, non-medical alternative to hospitalization. To begin your pre-qualifying application and interview, call the following respite centers:

**Stepping Stones**, Claremont, NH. Respite 603-543-1388, Stepping Stone Peer Center: 603-543-1388, Toll Free: 1-888-582-0920, [www.steppingstonenextstep.org](http://www.steppingstonenextstep.org)

**H.E.A.R.T.S.** Peer Support of Greater Nashua, Nashua, NH. Crisis Respite: 603-864-8769, Peer Support Center: 603-882-8400, [www.heartspsa.org](http://www.heartspsa.org).

**Monadnock Area Peer Support Agency**, Keene NH 03431, Respite 603-352-5093 or 866-352-5093, [www.monadnockpsa.org](http://www.monadnockpsa.org)

## Legal Help:

NH Legal Assistance 603 431-7411

NH Pro Bono 800-639-5290

Legal Advice & Referral Center

800-639-5290

Disability Rights Center:

800-834-1721

## Meals:

Salvation Army Food Truck parked on behind Middle St Baptist

Church, Portsmouth: Dinner Daily

5:00-6:00PM, Breakfast included

for next day. Takeout only

**Middle St Baptist Church, 18 Court**

**St, Portsmouth Community Lunch,**

Wed 12 PM-1 PM. Takeout only

**St. John's Church, Chapel St**

**Portsmouth Community Lunch:**

Thur 12-1 PM. Takeout only

## Community Health Services:

**Families First: Providing health and dental care, as well as parent and family support. Portsmouth**

**location: 8 Greenleaf Woods,**

**Portsmouth 603-422-8208**

## Food Banks:

**Operation Blessing: 600A Lafayette**

**Rd, Portsmouth: Call for an**

**appointment. 603 430 8561**

**Gather: 210 West Rd, Suite 3,**

**Portsmouth. Monday-Thursday 10**

**AM- 5 PM by appointment, Friday**

**10 AM-1 PM. [info@gathernh.org](mailto:info@gathernh.org) or**

**603-436 9641**

## Mental Health/Substance Misuse Resources:

**Alcoholics Anonymous, A.A. World Services, Inc., 24-Hour Hotline 1-800-593-3330; [www.aa.org/](http://www.aa.org/)**

**NAMI NH, [www.naminh.org](http://www.naminh.org)**

**National Suicide Prevention 1 800-273-TALK (8255),**

**[www.suicidepreventionelife.org/](http://www.suicidepreventionelife.org/)**

## Granite Recovery Centers

855 712 7784

<https://www.graniterecoverycenters.com/treatment-program/mental-health>

## Granite Pathways Rehabilitation

**Services 10 Ferry St, Suite 319,**

**Concord NH [granitepathways.org](http://granitepathways.org)**

## Safe Harbor

603-225-9540,

<https://granitepathwaysnh.org/safe-harbor-recovery-center/>

## Seacoast Mental Health Center, Inc.

603-431-6703, <http://www.smhc-nh.org/>

[www.smhc-nh.org/](http://www.smhc-nh.org/)

## Seacoast Pathways

603-812-9031,

<https://www.seacoastpathways.org>

## Transportation:

**ACT (Alliance for Community Transportation) 603-834-6010, [triplink@communityrides.org](mailto:triplink@communityrides.org)**

**COAST (Cooperative Alliance for Seacoast Transportation)**

603-743-5777, [www.coastbus.org](http://www.coastbus.org)

# FREE COMMUNITY EVENTS

Here we focus on events in the Portsmouth community, with an occasional, distant online offering. Please note, that while all events are free, you may need to pre-register; just follow the links or call!

## Portsmouth Library Events

### Weekly Meditation

Wednesdays, 12:15 PM

A rotating roster of local teachers. Online only at this time.

<https://portsmouthpl.librarycalendar.com/events/weekly-meditation-58>

### Mindfulness Workshop: Developing Focus and Clarity

Thur, Apr 14, 6:30 PM

Looking for more focus, calm, or loving kindness in your life this season? Portsmouth Public Library will host a series of free, one-hour online Mindfulness Workshops with popular teacher Liz Korabek-Emerson. Sign up for one or many!

<https://portsmouthpl.librarycalendar.com/event/mindfulness-workshop-developing-focus-and-clarity>

### The Whys and Whens of Car Maintenance

Wed, April 13, 6:30

Get an overview of car maintenance from Chaya Milchtein of Mechanic Shop Femme! Learn when to perform specific maintenance tasks, and of course why, including changing oil and filters, tire pressure, coolant, and much more. This class helps you be a more educated consumer so you can protect your investment. Questions are encouraged, so come prepared to learn maintenance in a way you never have before. This workshop is co-sponsored by the Rice Public Library, Lane Memorial Library, and Port City Makerspace. Free and open to all!

<https://portsmouthpl.librarycalendar.com/events/car>

### Art Around Town

Fri, April 1, 5-8 PM

The first Friday of every month year-round, downtown Portsmouth celebrates its inspired, intimate urban community in big city style by presenting its Art 'Round Town free gallery walk! Featuring fantastic art, new exhibitions, and refreshments at each participating gallery! Check the website for participating galleries.

<http://arroundtown.org/>

### 36<sup>th</sup> Annual Omer T Lassonde Open Juried Exhibition

Wed, Mar 30-Sun, May1

Ritual, procedure, liturgy, our daily lives are full of sequences. From the way we take our coffee, to daily walks. String together these sequences and a ritual is created. Artists share their rituals at the Robert Lincoln Levy Gallery and online at

<https://www.nhartassociation.org/>

# INSPIRATION.....

## Quote of the Month:

"A wise person should have money in their head, but not in their heart."

- Jonathan Swift.

## FAMILY BUDGET

HOUSE EXPENSES	BUDGET	ACTUAL	DIFFERENCE	NOTES
Rent/Mortgage				
Electricity				
Natural Gas				
Telephone				
Internet				
Cable/Satellite TV				
Water/Sewer				
Garbage/Recycling				
AUTO EXPENSES	BUDGET	ACTUAL	DIFFERENCE	NOTES
Car Payment				
Gas				
Maintenance				
Repairs				
INSURANCE EXPENSES	BUDGET	ACTUAL	DIFFERENCE	NOTES
Homeowners/Renters				
Auto				
Health				
Life				
LIVING EXPENSES	BUDGET	ACTUAL	DIFFERENCE	NOTES
Groceries				
Household Goods				
Cell Phone				
Clothing				
Pet Care				
Personal Services (e.g. hair, dry cleaning)				
MISC EXPENSES	BUDGET	ACTUAL	DIFFERENCE	NOTES
Dining Out				
Entertainment				
Subscriptions				
Travel				
Charity/Gifts				
DEBT	BUDGET	ACTUAL	DIFFERENCE	NOTES
Loans				
Credit Card				

# THE MONTHLY PUZZLE

Created with TheTeachersCorner.net Word Search Maker

## Dollars and Sense

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

DOLLARS  
SAVING  
INSURANCE  
GOALS  
UNDERSTAND  
SALARY

CENTS  
SPEND  
BUDGET  
CREDIT  
TAXES

PEACE  
BILLS  
CONTROL  
INTEREST  
MONEY





If you are struggling with your mental health, you may benefit from being with others who have similar experiences. Intentional Peer Support is about making and sustaining **mutually supportive relationships**. When people are mutual partners in a relationship, there is equality; one person is not the “helper” to the other, both benefit and can support each other working toward what we

want in life. It is a positive, hope-based approach, helping us to determine actions we can take to reach our goals.

CPSC is 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.**

- Groups Mon-Fri in our Portsmouth center or online
- One-on-one support for computer, budgeting, or job skills
- **Warmline telephone support, staffed by trained peers, available 5-10 PM seven days a week. Please call us at: 603-427-6966**
- **Step-Up Step-Down, our voluntary residential program, staffed 24/7 by peer specialists**

**Connections Peer Support Center**

**544 Islington St.**

**Portsmouth, NH 03801**