

June 2022

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### Upcoming events

**NH Mental Health Peer Alliance, Tue Jun 21, 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, Jun 22, 5 PM.** Members and staff welcome and encouraged to attend Through this link: <https://meet.goto.com/160387205>

**Community Meeting, Mon, Jun 20, 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>



## Healing with Art and Music



*~Mandala from Nicole: join Meditative Art on Tuesday mornings!*

Inside this newsletter, we celebrate the healing power of art and music, as we reflect on a wonderful musical residency, and look forward to NH Gives, our largest fundraiser of the year. Take a look and let us know what you think!

# MUSIC MAKING CONNECTIONS



Connections was one of the first places I shadowed as a music therapy intern, with my co-worker Emma, during the Fall 2021 program. It was an honor to run the Spring 2022 group independently as I neared the end of my internship.

In peer support and mental health, music therapy can build positive connections within communities, provide opportunities for self-expression and processing experiences, and introduce and explore mindfulness and stress reduction activities, all using music-based experiences as the central factor. The already close-knit community at Connections provided a strong foundation of folks who were familiar with each other and with music therapy. It was beautiful and inspiring to be a part of a group so open to offering support and kindness to one another and encouraging each other's creativity.

In our Spring 2022 program, we explored songwriting about gratitude and self-care, and we rewrote the verses of "Dear Prudence" by The Beatles to include positive affirmations for each group member. We played instruments together, shared meaningful music with each other, and participated in music and mindfulness experiences for relaxation. Some participants shared original poems, and we even turned one of those poems into a song that we played together as a group!

A theme that returned over the weeks was mindfulness, and many group members reflected that making and listening to music could be a mindfulness practice for them. When we made music together, some group members noticed that music was helpful for bringing their thoughts to the present moment. We also talked about how live and recorded music can assist existing mindfulness and relaxation practices by helping to regulate the nervous system. Music can also help us shift our emotional states by listening to music that matches our current mood and slowly shifting into music that reflects how we would like to feel.

I'd like to end this note with a song that I feel sums up our time together in music therapy at Connections. The song "Let it Be," by The Beatles was a favorite of the group, and this song reminds me of our conversations about staying present and being kind with ourselves despite whatever comes our way. I am grateful to have many lights that shine on me when the night is cloudy, and making music with communities like Connections is one of those lights that shines the brightest.

Thank you to everyone involved for this time together, and for trusting me, each other, and yourselves enough to show up, be vulnerable, and try something new. I hope to return again soon for more music therapy at Connections!

~ Vanessa Hale (they/them), Music Therapy Intern.

# MUSIC MAKING CONNECTIONS



*This spring, with the support from a grant from The NH State Council on the Arts, Connections Peer Support hosted the second part of a therapeutic musical residency by the Sonatina Center of Dover. It became a wonderful community gathering where we could explore our own feelings and ability to create. Please enjoy these reflections and the fruits of our (joyous!) labor.*

## A Reflection from Karen:

We wrote down our favorite songs on slips of paper then guessed whose favorite song was whose. It was fun and interesting and I learned things about other members at Connections, that I had never known. That was despite all the times I had met the members before

Music is people's feelings, so I got to learn about peoples' feelings.



**New Hampshire  
State Council on the Arts**

## Happy Endeavors (CPSC 3.22.22)

*Got a roof over my head,  
Got wisdom and jokes  
I got music  
I got understanding  
I'm happy to have a bed  
And a sleeping bag too*

*Singing this is my message to you...*

*You got this, don't worry about the past  
Joy and hope will last  
Stayin the present*

*Stay hydrated, of yourself take care  
Have a peaceful journey  
No matter where*

*Cause within ourselves we all have heart  
Cause within ourselves we all have heart*

# OUR VOICES

## Reflection from Mary B:

It was fantastic when Vanessa visited Connections! She always had enough various, diverse instruments. There was always a new melody, even though playing lyrics we all knew. Vanessa made us feel warm, inviting us into her world of music. Just as much, she was open to new ideas of what we thought. In addition, Vanessa seemed very tuned in to all our feelings and needs. She is one of the most compassionate and caring people I know.

Thank you so much for having Vanessa here. I pray very much she comes back. In such a short time, Vanessa became part of our Connections family.

During one of the groups, each of us had our own answer to some basic questions. I decided to extract a word here and there, making a poem with them, entitled, "*Your Cup*." Vanessa was quite kind, putting a rhythm to the poem, and gave me the music. Especially that session, I believe we all became family.



## Your Cup

### C F D G

Got a roof over my head

A Teddy Bear in my bed

There is Harmony when we're here

Long gone is my fear

### C F C G (F)

Grateful, I am, when the time is Spring

Making my Heart it does, wanting to Sing!

Within my Heart Is The Lord!

Respectively, in my Soul, there is a cord!!

Upon me, no longer, is there a restriction

Look Closely; there IS a depiction

There once was Poverty of My Soul

Now I am as renewed as a foal

As you will find, I am Finally Free!

You, Me, & Everyone can Continue to Be

Always Remember Not to give up!

You have the Universe in Your Cup!

## NEWS AND HAPPENINGS

Save the Date: June 7 & 8

# NH GIVES

What do you love about Connections? Let the world know!

NH Gives, Connections' biggest fundraiser of the year is coming up on June 7 & 8. You will be hearing a lot more about it, but in a nutshell, it's a 24-hour online fundraising event for nonprofits all over the state of NH.

NH Gives lets us support the causes we love with just a few clicks. This is where you come in. Reach out to your network of family and friends, post on social media (we'll have a lot of posts coming up on Facebook-use them!)

All of our services are at no cost to the user and fundraising allows us to more of what we do in supporting of people with mental health challenges lead independent, successful lives Whether groups and excursions in the community, our Warmline where we are there for our members 365 days a year, or Step Up/Step Down a unique residential program that allows guests to focus on their mental health with 24/7 peer support, we need your support to make it happen.

To make this fundraiser and Connections' mission successful, we need your support. Please donate if you can. But we also need help in getting the word out. Let your friends, family, and community members know why Connections is worth their support as well: send us a testimonial or share posts on Facebook and other social media. We don't want to be Portsmouth's best kept secret!

### And in other news...



*~Scarlett, the official Connections therapy chicken, helps Tina make sure our accounts are on the money.*



# 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><b>Warmline: When You Just Want to Talk to Someone</b> Our trained peers are here to listen 365 days a year from 5-10 PM. If you are having a great day and want to share your success, or having a tough day and need some support, give us a call</p> <p><b>603 427 6966</b></p>	<p>9:15 AM Check-in <b>1</b> 10:15 Grounding and Coping Skills 11:30 Community Lunch/Check-in/Walking Group 12:00 Al-Anon Meeting 1:15 Compassion and Forgiveness</p>
<p>9:15 AM Check-in <b>6</b> 10:15 Interpersonal Communication 11:00 Hearing Voices 11:30 BYO Lunch/Check-in/Walking Group 1:15 Tolerating Tough Times 2:15 Dual Recovery*</p>	<p>9:15 AM Check-in <b>7</b> <b>10:15 Rochelle Jones: Police Response to Mental Health Crisis</b> 11:00 Meditative Art/Larry on Guitar 11:30 BYO Lunch/Check-in/Walking Group 1:15 Assertiveness and Self-Advocacy</p>	<p>9:15 AM Check-in <b>8</b> 10:15 Grounding and Coping Skills 11:30 Community Lunch/Check-in/Walking Group 12:00 Al-Anon Meeting 1:15 Compassion and Forgiveness</p>
<p><b>CLOSED for Co-reflection 13</b></p> 	<p><b>14</b> <b>10:00 Community Excursion: New Castle Common cookout- we provide hotdogs, hamburgers. etc.</b></p> <p>Save your spot by calling us by 3 PM on Monday the 13<sup>th</sup>.</p>	<p>9:15 AM Check-in <b>15</b> 10:15 Grounding and Coping Skills 11:30 Community Lunch/Check-in/Walking Group 12:00 Al-Anon Meeting 1:15 Compassion and Forgiveness <b>5:00 Board of Director' Meeting</b></p>
<p>9:15 AM Check-in <b>20</b> <b>10:15 Community Meeting</b> 11:00 Hearing Voices 11:30 BYO Lunch/Check-in/Walking Group 1:15 Tolerating Tough Times 2:15 Dual Recovery*</p>	<p>9:15 AM Check-in <b>21</b> <b>10:15 NH Peer Alliance</b> 11:00 Meditative Art/Larry on Guitar 11:30 BYO Lunch/Check-in/Walking Group 1:15 Assertiveness and Self-Advocacy</p>	<p>9:15 AM Check-in <b>22</b> 10:15 Grounding and Coping Skills 11:30 Community Lunch/Check-in/Walking Group 12:00 Al-Anon Meeting 1:15 Compassion and Forgiveness</p>
<p>9:15 AM Check-in <b>27</b> 10:15 Interpersonal Communication 11:00 Hearing Voices 11:30 BYO Lunch/Check-in/Walking Group 1:15 Tolerating Tough Times 2:15 Dual Recovery*</p>	<p>9:15 AM Check-in <b>28</b> 10:15 IPS Topics 11:00 Meditative Art/Larry on Guitar 11:30 BYO Lunch/Check-in/Walking Group <b>1:15 Seasonal Art with Barbara</b></p>	<p>9:15 AM Check-in <b>29</b> 10:15 Trauma and Grounding Techniques <b>11:30</b> Community Lunch/Check-in/Walking Group 1:15 Compassion and Forgiveness</p>


# June 2022 Schedule

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

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

Or call us at 603 427 6966



Thursday	Friday	
9:15 AM Check-in <b>2</b> 10:15 Anxiety and Depression 11:30 11:30 Community Lunch/Check-in/Walking Group 1:15 Nutrition Topics	9:15 AM Check-in <b>3</b> 10:15 Difficult Emotions 11 Visit Gather/Hannaford 11:30 Meal Planning 12:00 BYO Lunch/Check-in 1:15 WRAP Planning/Art Journaling	<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>
9:15 AM Check-in <b>9</b> 10:15 Anxiety and Depression 11:30 Community Lunch/Check-in/Walking Group 1:15 Nutrition Topics	9:15 AM Check-in <b>10</b> 10:15 Difficult Emotions 11 Visit Gather/Hannaford 11:30 Meal Planning 12:00 BYO Lunch/Check-in 1:15 WRAP Planning/Art Journaling	
9:15 AM Check-in <b>16</b> 10:15 Anxiety and Depression 11:30 Community Lunch/Check-in/Walking Group 1:15 Nutrition Topics	9:15 AM Check-in <b>17</b> 10:15 Difficult Emotions 11 Visit Gather/Hannaford 11:30 Meal Planning 12:00 BYO Lunch/Check-in 1:15 WRAP Planning/Art Journaling	
9:15 AM Check-in <b>23</b> 10:15 Anxiety and Depression 11:30 Community Lunch/Check-in/Walking Group 1:15 Nutrition Topics	9:15 AM Check-in <b>24</b> 10:15 Difficult Emotions 11 Visit Gather/Hannaford 11:30 Meal Planning 12:00 BYO Lunch/Check-in 1:15 WRAP Planning/Art Journaling	
9:15 AM Check-in <b>30</b> 10:15 Anxiety and Depression 11:30 Community Lunch/Check-in/Walking Group 1:15 Nutrition Topics		
		<p><b>Step-Up Step-Down: Taking Peer Support to a Whole New Level</b></p> <p>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  
[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.suicidepreventiononline.org/](http://www.suicidepreventiononline.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. In the library or online.

<https://portsmouthpl.librarycalendar.com/events/weekly-meditation-66>

### Talking About Death Won't Kill You...And May Help You Live More Joyfully

Wed, Jun 8, 6:30 PM: In person and online.

This series, co-hosted by [New Hampshire Alliance for End of Life Options](#), [Brookhaven Hospice of NH](#), and Portsmouth Public Library, will focus on the profound to the practical, helping to demystify and normalize conversations about mortality and death, and what really matters in our lives. The series will cover how to communicate our end of life wishes – a process that evolves over time as our lives change. .

<https://portsmouthpl.librarycalendar.com/event/death3>

### Classics Book Club: One Hundred Years of Solitude

Tue, Jun 7, 7 PM

**One Hundred Years of Solitude** tells the story of the rise and fall, birth and death of the mythical town of Macondo through the history of the Buendía family. Inventive, amusing, magnetic, sad and alive with unforgettable men and women—brimming with truth, compassion, and a lyrical magic that strikes the soul—this novel is a masterpiece in the art of fiction. <https://portsmouthpl.librarycalendar.com/event/classics-book-club-one-hundred-years-solitude>

### Art Around Town

Fri, Jun 3, 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/>

### F45 Portsmouth Free Bootcamp

Sat Jun 4, 11, and 25, 9 AM

Come sweat it outside with us at Prescott Park, in our free bootcamp to experience what the F45 workout and community is all about! Meet owners and coaches Hannah and Rose who are happy to answer all your membership and studio questions, while giving you an amazing functional bodyweight workout! Just bring a water and a towel, mats are optional! We can't wait to meet you!. <https://www.eventbrite.com/e/f45-portsmouth-free-bootcamp-tickets-342509343667?aff=erelpanelorg>

## Quote of the Month:

This time there were so many we loved, that we could not choose just one. Music heals us and brings joy in so many ways. We hope you find these three valuable:

*"Music can heal the wounds which medicine cannot touch."* —

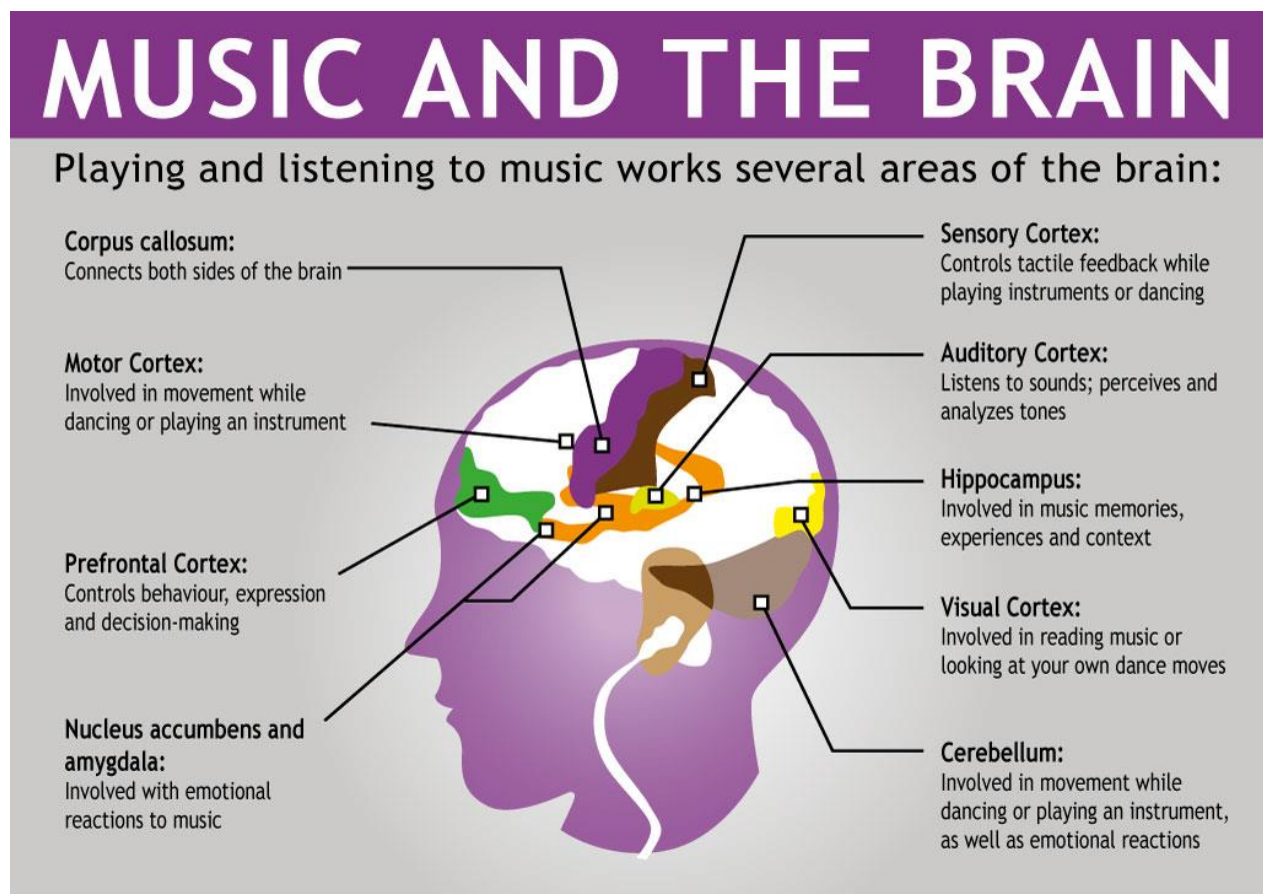
*Debasish Mridha*

*"My heart, which is so full to overflowing, has often been solaced and refreshed by music when sick and weary."* —

*Martin Luther*

*"A song can infiltrate your heart and the heart may change your mind."* —

*Elvis Costello*



# THE MONTHLY PUZZLE

Created with TheTeachersCorner.net Word Search Maker

## Singing our Hearts out!

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

MARY  
VANESSA  
JOHN  
CARSON  
PRUDENCE  
SING

VINNIE  
EMMA  
KAREN  
COMMUNITY  
FREE  
PLAY

JAMES  
NOAH  
CHRISSIE  
CHANT  
HARMONY  
JOY





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**