



MAY NEWSLETTER

Upcoming Events

Advocacy Committee and Consumer Council, Tuesday, May 19, 10 AM Come let your voice be heard. The Council is made up of consumers of mental health services organizing to advocate, educate, and inform.

**Board of Directors Meeting
Wednesday May 27, 4 PM**
Members and staff welcome and encouraged to attend.

Please contact greg@connectionspeersupport.org for an invitation to either of these events.

Make Your Home Your Castle: An Online Workshop with Marty Fuller

Monday, May 11, 11:00AM

The messiness in your home, without your realizing it, increases your level of stress. You can't find things. You're late for appointments. You become confused and on edge. You worry about having friends or family over. De-cluttering seems so overwhelming. This seminar will break it down into manageable, even enjoyable steps. Learn how to organize, declutter, maintain and create a relaxing atmosphere. Make your home your sanctuary!
The link is the same as the groups link in the weekly schedule inside this newsletter.

Connections Peer Support Center is a place where we can find and offer hope to each other. You are an important part of that – come and be together with us:

WARMLINE TELEPHONE SUPPORT:

MON-FRI 8:30 AM-10:00 PM

SAT-SUN 5:00-10:00 PM

603-427-6966

ONLINE AND TELEPHONE GROUPS AND SUPPORT DETAILS INSIDE

CONNECTIONSPEERSUPPORT.ORG

GROUPS EACH WEEK BY VIDEO OR PHONE

- **AM and PM Check-ins**

Monday through Friday, 10AM and 3PM. An informal chance to connect with peers, set goals, or reflect upon your day.

- **Hearing Voices Group**

Monday 12:30PM. Support for those hearing voices, seeing visions, or experiencing other unusual sensory experiences.

- **Journaling Group**

Monday 5PM. Reflections and inspiration. Come to journal or spin a tale. A directed prompt will be offered, but all topics and genres are welcomed and encouraged.

- **Depression and Anxiety Group**

Tuesday and Thursday 1PM. Isolation can magnify difficult feelings such as sadness and fear. We offer a safe place to explore those feelings and learn from each other how we can respond to them.

- **Young Adults Group**

Tuesday 4PM. A place for younger adults to share their struggles and successes as we explore the process of creating independent lives and purpose.

- **Positivity Group**

Wednesday 11AM. Join us for readings, music, the creation of our own affirmations, poems, and journal entries as we support each other in moving toward the life we want.

- **Creativity Group**

Wednesday 12PM. Whatever your creative outlet, bring a project, and we will work together and share out work and thoughts.

- **Book Group**

Thursday 11:00AM. May's book will be *Atlas of Happiness: The Global Secrets of How to be Happy*, a fun, illustrated guide that takes us around the world, discovering the secrets to happiness. We have copies available to borrow, both hard copy and Kindle.

- **Women's Group**

Friday 11:15AM. A chance to gather for support, and to explore our shared experiences as women.

PLEASE SEE THE NEXT PAGE (PAGE 3) FOR HOW TO ACCESS THESE GROUPS

CONNECTIONS ONLINE AND PHONE GROUPS

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00	AM Check-in	AM Check-in	AM Check-in	AM Check-in	AM Check-in
11:00				Book Group: Atlas of Happiness	11:15 Women's Group
12:00	12:30 Hearing Voices		Positivity		
1:00		Anxiety and Depression	Creativity	Anxiety and Depression	
2:00			Creativity		
3:00	PM Check-in	PM Check-in	PM Check-in	PM Check-in	PM Check-in
4:00		Young Adults			
5:00	Journaling				

To Access any Group:

Please join any group from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/709997085>

You can also dial in using your phone.

United States: [+1 \(571\) 317-3122](tel:+15713173122)

Access Code: 709-997-085

New to GoToMeeting? Get the app now and be ready when your first meeting starts:

<https://global.gotomeeting.com/install/709997085>

Connections is here to support anyone age 18 or older struggling with mental health issues. All services are free and no referral is required.

CENTER NEWS AND HAPPENINGS

What's Helping You get Through This?

I hadn't worked on quilling for about a year, but staying in the house all day with this virus which causes me more anxiety, I found my calling again, which is quilling. It keeps me focused on what I'm doing and I forget about what is happening in the world around me. You design the thin paper and place it wherever you want it. It helps me during these hard times and I enjoy doing it for others.



I want to thank the staff at Connections for all you do for us. The help on phone or video keeps me in contact with staff and friends, and all the groups and support helps me get through each day.

Sincerely,

Cindy

Two Contributions from Paula



KING

HE STANDS UNFLINCHING
WATCHING GUARD
THAT'S ONE THING HE DOES.
PLACING HIS MIGHTY HAND ON HER HEAD,
AS SHE SLEEPS. WIPING AWAY A SINGLE
TEAR BREAKS HIS HEART.
SLEEP SOUNDLY AND HAVE DREAMS
THAT DELIGHT YOU.
BACKING AWAY HE WHISPERS
I WILL HEAL THE BROKEN HEARTED.
PEACE TO YOU SISTER, FOR I WILL
ALWAYS BE WITH YOU.

WRITTEN BY
PAULA G ROCKWELL A

NEWS AND HAPPENINGS



Peer Respite in the Time of Corona

Doug Robertson, Respite and Community Impact Director at Monadnock Peer Support Center in Keene, NH joined Connections to talk about their Peer Respite Program, a non-medical alternative to hospitalization that involves 24-hour support from a peer and is completely voluntary. Doug reported that he considers Respite, “holding space for other people to empower themselves” to escape a cycle of learned helplessness. In Respite, “chaos and crisis can become time of opportunity” for growth and self-knowledge.

Though the physical center is shuttered at this time, he is working to create a “virtual Respite space” which will involve extensive access to online peer support and remain an effective space for change. The plan is to start offering this during daytime hours but they hope to expand to 24-hour coverage.

This was a fascinating chance to see how another peer support center is innovating to meet the needs of its community during this time of social distancing. Thank you, Doug for sharing your time with us!

How to Stay Positive in Times Like These

On April 20, Marty Fuller shared her knowledge on a very timely topic! We discussed the importance of routines and self-care, as well as being mindful of individual moments and activities and creating opportunities for joy in our lives. Members shared what was nourishing them in these times, from a sense of humor, to the treat of occasional take out. It was a great way to start the week!



Farewell, David, We Will Miss You

It is with great sadness that we share with you the news that David Lord, a treasured member and friend of Connections, passed away on April 8th, following a brief illness. David was long an active member at Connections and was known for his love of music, particularly singing. At an online remembrance on April 13, members and staff recalled how David could break into song at a moment’s notice and had a remarkable catalog of songs that he knew by heart, particularly songs from the 1960s and ‘70s.

David, we will miss your joy of singing, your piercing questions, and your quiet presence, too. And we will always smile when we hear Sweet’s Love is Like Oxygen.

Member Cindy recalls, David Lord was a good friend at Connections Peer Support, and will sadly be missed. I will always remember the concerned look he would give me as he would ask if my back was ok. David is now in God’s hands, and David will remain in my heart forever.

Sing on, brother.

COMMUNITY RESOURCES

Agencies/organizations are invited to send any additions or corrections to info@connectionspeersupport.org

Crisis Text: Text HOME to 741741 to connect with a trained crisis counselor www.crisistextline.org

To connect with local resources in the Seacoast area, go to 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

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.heartpsa.org.

Monadnock Area Peer Support Agency, Keene NH 03431, Respite 603 352-5093 or 866-352-5093, www.monadnockpsa.org

Legal Help:

NH Legal Assistance 603 431-7411

NH Pro Bono 1 800-639-5290

Legal Advice & Referral Center 1800-639-5290

Disability Rights Center 1-800-834-1721

Meals:

Salvation Army, 15 Middle St, Portsmouth: Dinner Daily 5:00 PM Breakfast Mon-Fri 7:00-8:00 AM, Lunch Wednesday 12:00-1:00PM

St. John's Church, Chapel St Portsmouth Lunch: Thursdays from 12:00 to 1:00 PM

Community Health Services:

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

Portsmouth location: 100 Campus Drive, Suite 12, Portsmouth (603)422-8208

Food Banks:

Operation Blessing: 600A Lafayette Rd, Portsmouth: Monday, Thursday, Friday 10 AM – 4 PM

Gather: 210 West Rd, Suite 3, Portsmouth. Monday to Thursday, 9 AM – 5 PM, Friday 9 AM to 1 PM

Mental Health/Substance Misuse Resources:

Alcoholics Anonymous, A.A. World Services, Inc., 24-Hour Hotline 1-800-593-3330; www.aa.org/

NAMI NH, www.naminh.org

National Suicide Prevention 1 800-273-TALK (8255), www.suicidepreventiononline.org/

NH Specialized Information and Referral Center is available 24/7, 365 days a year. Simply dial 211

Granite Pathways, 10 Ferry St, Ste 319, Concord NH, granitepathways.org

Safe Harbor, 603-225-9540, www.safeharborrecoverynh.org

Seacoast Mental Health Center, Inc. 603 431-6703, <http://www.smhc-nh.org/>

Seacoast Pathways, 603-812-9031, www.seacoastpathways.org/

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

COAST (Cooperative Alliance for Seacoast Transportation) (603) 743-5777 www.coastbus.org

VIRTUAL COMMUNITY HAPPENINGS

Crisis Text Line

Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis, to be connected with a counselor.

Weekly Meditation

An online version of our Weekly Meditation, every Wednesday from 12:15 - 1 PM! Find out more about our volunteer instructors at cityofportsmouth.com/library/weekly-meditation.

Ten Percent Happier

<https://www.tenpercent.com/live> At 3:00PM each day releases a new live, five-minute guided meditation.

Eva Longoria's virtual Cinco de Mayo Celebration May 5 2:00 PM

Latin music stars [Gloria](#) and Emilio Estefan, [Luis Fonsi](#), [J Balvin](#), Diane Guerrero and Ana Brenda Contreras. The virtual concert will stream live on Facebook Live, Youtube, Twitch, Twitter, iHeartLatino's radio stations and websites, among other social media platforms.

Yoga with Adriene

<https://www.youtube.com/user/yogawithadriene> A daily practice as well as a "30 Days of Yoga" series

The Science of Well Being

<https://www.coursera.org/learn/the-science-of-well-being> This Coursera course from Yale professor Laurie Santos has been tearing up the internet of late. It's all about increasing happiness and building more productive habits.

If you are struggling with mental health issues, 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.**