

We Are Still Here for Each Other

Out of concern for the safety and well-being of our staff and our members, Connections Peer Support Center has extended its office closure to May 4th.

The COVID-19 virus has suddenly altered so much in our lives – our plans, our routines, and how we connect with each other. We are now experts on previously foreign concepts: pandemic, social distancing, shelter-in-place, and essential business.

Peer support *is* essential right now. We want to be available to you, our members and the public, as we look for ways to remain connected and to provide and receive support during this time of uncertainty. Although the physical space of the center is closed, we are here online and by phone and we want you to join us!

1. Monday through Friday you can reach us day and night from 8:30am to 10:00pm and on Saturday and Sunday from 5:00pm to 10:00pm. Call us at 603-427-6966.
2. Join our groups online or by phone. You can be part of our groups by clicking on the link below and following the simple directions. It will be nice to see you!

If you prefer to join a group by phone-only, use the number and access code below:

Morning check-in: Monday-Friday 10:00AM

Afternoon check-in: Monday-Friday 3:00PM

Check in is a time to gather with your peers, share what is on your mind, the successes and challenges of your day, or just say hello.

Positive Thinking: Wednesdays 12:00PM

The power of positivity can do wondrous work on the mind and body. Join us for readings, music and the creation of our own affirmations, poems, and journal entries.

Anxiety/Depression Group: Tuesdays and Thursdays at 1:00PM

Isolation and uncertainty can bring up difficult feelings. You are not alone. We support each other through these times.

Please join your meeting from your computer, tablet or smartphone.

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

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

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

You can also dial in using your phone.

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

Access Code: 709-997-085

We are all in this together. In being together we find and offer support and strength, we experience connection with others, we share and discover ways to cope during this difficult time, and we can share the simple joys of our day.

Connections Peer Support Center is still 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.