

JUNE 2020 CONNECTIONS PEER SUPPORT CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00	AM Check-in	AM Check-in	AM Check-in	AM Check-in	AM Check-in
11:00	Coffee Hour	Coffee Hour		Book Group: Sink Reflections	Coffee Hour
12:00	Women's Group				
1:00	Hearing Voices	Anxiety and Depression		Anxiety and Depression	
2:00	Coffee Hour	Coffee Hour	Coffee Hour	Coffee Hour	Coffee Hour
3:00	PM Check-in	PM Check-in	PM Check-in	PM Check-in	PM Check-in
4:00		Young Adults	Journaling		
5:00					

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.

Warmline:” When you just want to talk to someone.”

We also offer a Warmline for support by phone, from 8:30AM-10:00PM Monday through Friday, and from 5:00PM-10:00PM Saturday and Sunday. Just call 603 427 6966.

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- **AM and PM Check-in**
Monday through Friday, 10AM and 3PM. A chance to connect with peers, set goals, or reflect upon your day.
- **Coffee Hours**
Monday, Tuesday, and Friday 11AM, Monday through Friday 2PM. Make a cup of coffee or your favorite beverage and come join us for some casual conversation. A staff person will be present but will not actively facilitate this gathering. Just a friendly chance to say hello and connect with some old friends or someone new!
- **Hearing Voices Group**
Monday 1PM. Support for those hearing voices, seeing visions, or experiencing other unusual sensory experiences.
- **Journaling Group**
Wednesday 4 PM. 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 increase 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.
- **Book Group**
Thursday 11AM. Beginning June 11, we will be reading Marla Cilley's *Sink Reflections*, a warm, supportive guide to conquering clutter and chaos in your home. We have copies available to borrow, both hard copy and Kindle. Give us a call to reserve a copy.
- **Women's Group**
Wednesday 12:00PM. A chance to gather for support, and to explore our shared experiences as women