

CPSC SCHEDULE OCTOBER

- **AM and PM Check-in**
Mon thru Fri, 9:15 AM and 1:45 PM. **Mon and Fri are online only.** A chance to connect with peers, set goals, or reflect upon your day.
- **Hearing Voices Group (online only)**
Monday 11 AM. Support for those hearing voices, seeing visions, or experiencing other unusual sensory experiences.
- **Greeting Cards**
Thur 11 AM. Sometimes a word of encouragement can make all the difference. Here we handcraft greeting cards and send them for birthdays, get well messages, or for those in tough times.
- **Depression and Anxiety Group**
Thur 2:30 PM. We offer a safe place to explore difficult feelings such as sadness and fear, and learn from each other how we can respond to them.
- **Grief and Loss (online only)**
Fri 2:30 PM. A safe place to process feelings of grief and loss, as well as learn ways to move forward.
- **Dual Recovery (online only)**
Fri 4 PM. For those struggling with substance use disorder and mental health issues, to share coping strategies and support each other.
- **Coping with COVID (online only)**
Mon 4 PM. COVID has left many of us unmoored and confused, some grieving loss, or fear of the unknown. Here we can explore those feelings and find positive ways to respond to them.
- **Reading and Discussion Group**
Thurs 3:30 PM. Each week we will share an article regarding health and wellness that will become the topic of discussion in the group. Submissions welcome!
- **WRAP Topics**
Tue 3:30 PM or Wed 11 AM. WRAP stands for Wellness Recovery Action Plan, a process where you explore and create a plan for yourself to stay well, respond to stressors, or even how to respond to a crisis. It is a powerful evidence-based wellness tool.
- **IPS Topics**
Mon 2:30 PM (online only) and Tue 11 AM in center. Intentional Peer Support is the model we practice here at Connections. This group gives us a chance to learn and deepen our practice.
- **Computer Skills**
Wed 3:30 PM. A time to get comfortable using a computer. Topics based on member interests.
- **Art with Paul: Recovery through Art**
Wed 10 AM. Each week we will talk about different aspects of recovery and complete a related art project that visualizes the theme.

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	Monday Remote Only	Tuesday	Wednesday	Thursday	Friday Remote Only
9:15-9:45	AM Check-in	AM Check-in	AM Check-in	AM Check-in	AM Check-in
10-10:45		—			
10-11:00		Coffee Hour	Art w/Paul: Recovery Through Art	IPS Topics	
11-11:45	Hearing Voices	Coffee Hour	WRAP Topics	Greeting Cards	
12-1		Closed for Cleaning			
1:45-2:15	PM Check-in	PM Check-in	PM Check-in	PM Check-in	PM Check-in
2:30-3:15	IPS Topics	Arts and Crafts	Stress Management	Anxiety/ Depression	Grief and Loss
3:30-4:15		WRAP Topics	Computer Skills	Reading/ Discussion	
4-4:45	Coping w/COVID				Dual Recovery

Tuesday, Wednesday, and Thursday groups will be held at our center at 544 Islington St, Portsmouth, as well as online. Monday and Friday groups are online only. The center is available for drop-ins on Monday and Friday.

Due to social distancing requirements, for groups held in center, you will need to call us at 603 427-6966 by 4 PM the day before to reserve a spot or arrange transportation to the center the following morning, and by 11 AM same day to come in the afternoon. All participants must wear a mask while in the center or in the van. Please call or visit our website to learn about the additional procedures we have in place for everyone's safety.

You may also join groups online or by phone through this link:

Please join any group 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 **Access Code:** 709-997-085