

## CPSC SEPTEMBER 2020

	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		Nutrition	Art w/Paul	Grief and Loss	
11-11:45	Hearing Voices	IPS Topics	WRAP Topics	Arts and Crafts	
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	Greeting Cards	Stress Mngnt	Anxiety/Depression	WHAM
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.

**\*Connections will be closed Friday, Sept , 25 until 1 PM for staff co-reflection\***

Due to social distancing requirements, 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>

You can also dial in using your phone.

United States: [+1 \(571\) 317-3122](tel:+15713173122) Access Code: 709-997-085

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- **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.
- **Nutrition**  
Tue 10 AM. Member interests and current news are included in this group where we learn about what healthy eating can be.
- **Hearing Voices Group (online only)**  
Monday 11 AM. Support for those hearing voices, seeing visions, or experiencing other unusual sensory experiences.
- **Greeting Cards**  
Tue 2:30 PM. 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**  
Thur 10 AM. 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 better ways to respond to them.
- **Reading and Discussion Group**  
Thurs 3:30. 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 a powerful evidence -backed wellness tool.
- **IPS Topics**  
Mon 2:30 PM (online only) and Tue 11 AM. Intentional Peer Support is the model we practice here at Connections. This group gives us a chance to learn and deepen our practice.
- **Whole Health Action Mngnt (WHAM) (online only)**  
Fri 2:30. This group is about setting goals for your life and creating strategies to achieve them. We can hold each other accountable.
- **Computer Skills**  
Wed 3:30. A time to get comfortable using computer. Topics based on member interests.