

CPSC SCHEDULE NOVEMBER 2020

Connections will be closed
Tuesday, November 3
(Election Day) and Thursday
and Friday, November 26
and 27 in observance of
Thanksgiving

- **AM and PM Check-in**
Mon thru Fri, 9:15 AM and Tue thru Thur 1:15 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)**
Mon 11 AM. Support for those hearing voices, seeing visions, or experiencing other unusual sensory experiences.
- **Adult Coloring**
Tue 11 AM A quiet time to unwind and reduce stress while fostering creativity, all in a low-key environment.
- **WRAP Topics**
Tue 2 PM or Wed 10 AM. With Wellness Recovery Action Plan, 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.
- **Arts and Crafts**
Tue 3 PM A time for creative expression or observing the seasons.
- **Art with Paul: Recovery through Art**
Wed 11 AM. Each week we will talk about different aspects of recovery and complete a related art project that visualizes the theme.
- **Computer Skills**
Wed 2 PM. A time to get comfortable using a computer. Topics based on member interests.
- **Job Skills**
Wed 3 PM
Are you looking for a job? Whether you want to brush up your resume or practice for an interview, we're here to support your success.
- **IPS Topics**
Thur 10 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.
- **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 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.
- **Assertiveness Skills**
Thurs 3 PM. Sometimes it's hard to speak up for ourselves. Each week we will brainstorm, role play, and practice the skills we need for self-advocacy.
- **Grief and Loss (online only)**
Fri 2 PM. A safe place to process feelings of grief and loss, as well as learn ways to move forward.

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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		Coffee Hour	WRAP Topics	IPS Topics	
11-11:45	Hearing Voices	Adult Coloring	Art w/Paul: Recovery Through Art	Greeting Cards	
12-1	Closed for Cleaning				
1:15-1:45		PM Check-in	PM Check-in	PM Check-in	
2:00-2:45		WRAP Topics	Computer Skills	Anxiety/ Depression	Grief and Loss
3:00-3:45-		Arts and Crafts	Job Skills	Assertiveness	

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