



The Newsletter of Monadnock Area Peer Support Agency, Created by Our Members

This program is funded in part by a SAMHSA Block Grant  
and the NH Department of Health and Human Services.

Monadnock Area Peer Support Agency & Monadnock Peer Respite

64 Beaver Street, PO Box 258, Keene, NH 03431

Mon. & Fri. 9:00 am to 5:00 pm & Wed. 11:00 am-7:00 pm & Tues. & Thurs. 9:00 am-7:00 pm

Phone: (603) 352-5093, (603) 352-5094 or Toll Free (866)-352-5093/FAX: (603) 355-8211

Warm Line Hours: 4:00-9:00 pm, 7 Nights a Week, 365 Days a Year

Warm Line Numbers: (603) 352-5093 or try our Toll Free Number (866) 352-5093

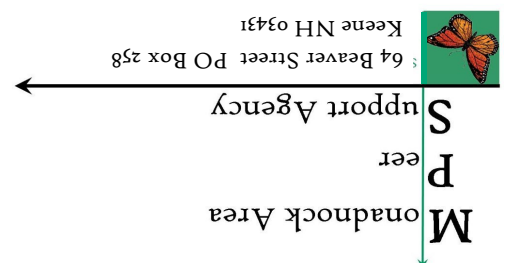
[www.monadnockpsa.org](http://www.monadnockpsa.org)

Monadnock Area Peer Support Agency is a Monadnock United Way Agency



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Address Service Requested



### MPS Wish List

- ♦ Energy efficient dryer
- ♦ Energy efficient washer
- ♦ Box Fans
- ♦ Air conditioner
- ♦ Gently used and new rugs
- ♦ Non perishable snacks
- ♦ Thin markers for coloring
- ♦ Gel pens
- ♦ Conference table
- ♦ Small kitchen table
- ♦ Portable radio/CD player w/ auxiliary cable
- ♦ Vacuum cleaner
- ♦ Adult scissors
- ♦ Travel mugs with lids (non glass)
- ♦ Non-rolling office chairs without arms
- ♦ Coffee

### Monadnock Peer Respite Wish List

- ♦ Towels/Wash Cloths
- ♦ Rugs
- ♦ Books (mental health, healing etc.)
- ♦ NEW in package twin bed sets, spreads
- ♦ NEW in package queen bed sets, spreads
- ♦ NEW pillow cases
- ♦ 2 Tall Laundry Baskets with Bags
- ♦ Extension cords
- ♦ Couch
- ♦ Chairs
- ♦ Floor Lamps
- ♦ Wall Art
- ♦ Scent Free Laundry Detergent
- ♦ Box floor fan
- ♦ 4 Flashlights

### Marla's Cabinet Wish List

- ♦ Deodorant (men's/women's)
- ♦ Razors (men's/women's)
- ♦ Body wash (men's/women's)
- ♦ Shaving gel (men's/women's)
- ♦ Shampoo/Conditioner (women's/men's)
- ♦ Please no bar soap at this time
- ♦ Toilet Paper—individually wrapped rolls please
- ♦ Toothpaste
- ♦ Brushes
- ♦ Tampons

Got an extra roll of women's or men's deodorant? Going to the store to buy some more tampons, pads, razors or (individually wrapped) toilet paper? Please consider buying an extra pack to donate to Marla's Cabinet!

*Please note: Marla's Cabinet is for members who actively participate at MPS.*



### **Monadnock Area Peer Support Agency & Monadnock Peer Respite Mission Statement**

As a peer driven organization, it is the mission of Monadnock Area Peer Support Agency (MPS) to promote wellness and recovery, as defined by the individual, through Intentional Peer Support, and to provide advocacy, educational, vocational, interpersonal, social and spiritual opportunities to adults who utilize mental health services. Together, we learn wellness strategies, develop mutually beneficial relationships, and support each other in attaining increased capacities for self-determination, independence and personal growth.

***What is Monadnock Area Peer Support Agency?***  
*Have you ever felt like no one understands or knows what it's like to struggle with mental health challenges? Do you self-identify as someone with mental health challenges or with a mental health issue?*

***Monadnock Area Peer Support Agency (MPS)*** is a place where anyone with lived experiences of mental illness can come, enjoy and participate in an atmosphere of mutual peer support. The members of MPS are respectful, accepting and nonjudgmental. We strive to utilize ***Intentional Peer Support (IPS)*** in our interactions and aim for recovery and wellness in our current life choices. We offer each other inspiration and empathy and encourage each other to achieve our dreams. We benefit from participation in ***FREE*** groups, activities and events that promote recovery and wellness.

*You might have used mental health services in the past or you might be using mental health services now or maybe you're new at this—whatever your story, we hope you will join us.*

***MPS is a safe place to rediscover and maintain hope—it's a safe place to be you.***

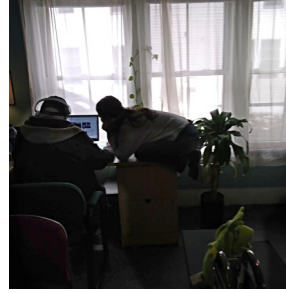
# March Highlights



Theresa, Tini, and Traci at EcoTarium.



Otter at EcoTarium



Toby and Sarah in the Agency.



Traci, Jim N and Tini at EcoTarium.



Jim N., Tini, and Traci in Brattleboro



Theresa, Tini and Traci in Brattleboro



May 2019 is Mental Health Month. Join us for the film, "The Ripple Effect," May 9, at 6 p.m. at the Keene Public Library. The film is about suicide prevention and the power of hope. This screening is a joint presentation of Monadnock Family Services and Monadnock Voices for Prevention. A panel discussion will follow the film. There is no cost to attend.

There will be a staff from MPS on the panel about Suicide Prevention!

We are always looking for new contributions! If you have artwork, photographs, poetry, prose, fiction, non-fiction, letters, etc., please drop a copy off at/send a hard copy to 64 Beaver Street—Keene NH 03431 or submit electronically at [klaforde@monadnockpsa.org](mailto:klaforde@monadnockpsa.org). Submissions are published first come, first serve & on an ongoing basis. Questions about your submission? Please call (603) 352-5093. Opinions expressed in these pages are those of the individual artists and do not necessarily reflect the opinions or positions of Monadnock Area Peer Support Agency, its staff, supporters or funders.



# What's Your Story?

**Do you have lived experience?  
Do you know what it's like to deal with oppression, othering & prejudice?**

**We want your story!**

Monadnock Area Peer Support Agency is currently developing a play about lived experience in America. Stories may be serious, embarrassing, emotional, inspiring or even funny and will be used as the basis for our script, **"The Mad Monologues."**

We are taking first person stories about the experiences individuals have in any of the following areas:

- ~When and how you first realized your experiences were different from other's experiences
- ~Finding support, including experiences with support groups, therapy groups, etc.
- ~Community mental health services
- ~Family reactions
- ~Friend reactions
- ~Hospitals
- ~School
- ~College/graduate/PhD education
- ~Work experiences
- ~Peer Support Agencies/Alcoholics Anonymous/etc.
- ~Therapist/doctor/psychiatrist visits
- ~Spiritual institutions such as churches/mosques/synagogues/etc.
- ~Advocacy
- ~Empowerment
- ~Recovery and wellness



**Stories should be 1-2 pages in length and can be submitted anonymously, in person, emailed or mailed to**

**Dan at [dswanson@monadnockpsa.org](mailto:dswanson@monadnockpsa.org) or**

**Jude at [jgrophear@monadnockpsa.org](mailto:jgrophear@monadnockpsa.org).**

**Please title your story "For 'Mad Monologues'" and send it to Jude or Dan at MPS, 64 Beaver Street, Keene, NH, 03431.**

**Please feel free to contact us about this project with any questions at the emails above or give us a call us at (603) 352-5093.**

*Please note: when you submit a story to MPS for "The Mad Monologues," you are giving MPS permission to change aspects of the story for dramatic and anonymity purposes.*





## Thank You

Joe and Brian for Newsletter Delivery!  
Brian, Theresa, Sarah, Jodie Jim N., Jess and Kyle for April Newsletter help  
Jodie for donating fish!  
Erika for donating food!  
Larry for donating paper!  
Brian for donating a monitor!  
Jesse Howard for being our monthly speaker!  
Anonymous for donating to Marla's cabinet!!

Have you donated something or done something for MPS and we didn't notice?  
Please let staff know and we'll be glad to include a thank you in the next Newsletter!

### ***Marla's Cabinet in Need***

*Have you ever gotten a donation from Marla's Cabinet? Well now would be a great time to give back! Marla's cabinet is in dire need of some donations! The list of things we need for Marla's Closet is on page 2 of this newsletter. Even if you donate just one item, that would be greatly appreciated! If everyone donated just one item that would add up. Let's work together to support each other in difficult times. Thank you in advance!*

### ***Van Waivers Needed***

*We have updated our van waivers! We need all members who actively use the van to please fill out new van waiver. You will be given a copy so you know all the guidelines of using the van.  
Thank you for doing so!*

### ***Clothes***

*Do you need nice clothes for an event or an interview? We have men's and women's clothes available for free! \*Sizes Vary  
\*Please take just 1 outfit*

### ***Please Note***

*If you want to get in contact with any of the staff at MPS you must call line 2 (603-352-5094) after 4:00 pm. If you call line 1 you will get the warm line. Thank you!*

### ***Trial Hours***

*We are doing a trial run for new hours! We are closing on Saturdays and instead going to be open on Tuesday and Thursday from 9:00 am-7:00 pm! Even with this trial we still want to know which of the two options provided that you would prefer to see! Please click the link below to vote! If the link doesn't work please write your preference down and put it in the survey box!*  
<https://www.surveymonkey.com/r/BN283VI>

### ***Editors Note***

*If you notice any typos/mistakes please let me know and I will point them out. Looking for ideas to put into the newsletter! What would you like to see? Please e-mail [klaiford@monadnockpsa.org](mailto:klaiford@monadnockpsa.org) with your ideas to make the newsletter great!*

## Intentional Peer Support Quote of the Month



“...Most importantly we talk about power, what it’s like to lose it, abuse it and/or balance it. It may be necessary to talk about power imbalances again and again while struggling together to own what we feel, what we see, and what we need. These are the kinds of conversations that allow both people to take risks and grow. These are the kinds of conversations that can lead to fundamentally different ways of thinking about help.”



### LOCAL MAY HIGHLIGHTS IN THE MONADNOCK REGION

**Secrets of Bumblebees Film Showing**— Thursday, May 9th from 7:00-8:30 pm. **FREE**, though donations are gratefully accepted to help cover the film license fees. Suggested donation: \$5. This award-winning documentary follows a year in the life of a wild bumblebee, including stunning “bee’s-eye view” footage that will leave you in awe of these fuzzy harbingers of spring. Following the film, Harris Center naturalist and entomologist Jenna Spear will be on hand for questions, along with an assortment of bee specimens from the Harris Center’s natural history collection. Presented by: Monadnock Conservancy, Harris Center for Conservation Education, and Keene State College Film Society. Questions? Email Brett Amy Thelen ([thelen@harriscenter.org](mailto:thelen@harriscenter.org)) or call 603-358-2065. Held at the Redfern Arts Center at Keene State College located at 90 Wyman Way, Keene, New Hampshire 03435.

**The Eye Doctor Is In!**— Thursday, May 23rd from 6:00-7:30 pm. Join Dr. Pollack for a question and answer session on common ocular problems such as conjunctivitis, astigmatism, macular degeneration, cataracts, and glaucoma and how to maintain healthy eyes. For more information go to: <https://www.facebook.com/events/2240769126189820/>. Held at Cheshire Medical Center located at 580 Court St, Keene, New Hampshire 03431.

**Be Good To Your Feet: Common Foot & Ankle Problems**— Tuesday, May 28th from 6:00-7:30 pm. Did you know that foot and ankle complaints result in more than 5.3 million visits to doctors each year? At this presentation, you will learn about everyday foot and ankle problems such as bunions, hammertoes, heel pain, flat foot, and common ankle pain. You will also learn about the cause, symptoms and treatments for plantar fasciitis (also known as “heel spurs”). Join Dr. Shomody as she provides tips to help you be good to your feet. For more information: <https://www.facebook.com/events/2603722153033945/>. Held at Cheshire Medical Center located at 580 Court St, Keene, New Hampshire 03431.



### NH Mental Health Consumer Council

#### MISSION STATEMENT

The mission of the NH Mental Health Consumer Council is to educate and advocate with consumers, clinicians, and mental health administrators in pursuit of equal rights, a recovery-based mental health system, and to empower consumers to participate and exercise leadership in regional and statewide forums. Council meetings will be conducted in a safe environment that respects the needs and contributions of all participants. To become a member of Consumer Council, if you have ideas about speakers, want to know where Consumer Council is held, or if you would like to be on the email list for receiving the minutes, please contact

Ken Lewis, Chairperson at: [kenl-hearts@comcast.net](mailto:kenl-hearts@comcast.net) If you want to join the teleconference on your own, please contact Tom Grinley at: [Thomas.Grinley@dhhs.nh.gov](mailto:Thomas.Grinley@dhhs.nh.gov). **3rd Tuesday of the Month 10:00 am-1:00 pm**



### NH MHPAC

The NH Mental Health Planning and Advisory Council (formerly BHAC) advocates for adults, children and youth with serious mental health challenges. [www.dhhs.nh.gov/dcbcs/bbh/grant.htm](http://www.dhhs.nh.gov/dcbcs/bbh/grant.htm)

The council meets quarterly (January, April, July and October) in public meetings, at the call of the Director of the Bureau of Mental Health Services (BMHS) or the Council Chair.

For more information contact: **Martha Jo Hewitt** at [tricitycoop@metrocast.net](mailto:tricitycoop@metrocast.net)  
**MHBG State Planner: Beth Anne Nichols** [Beth.Nichols@dhhs.nh.gov](mailto:Beth.Nichols@dhhs.nh.gov)



### State Committee on Aging

*The members of the State Committee on Aging (SCOA) identify concerns of older citizens and make recommendations to the Bureau of Elderly and Adult Services (BEAS) regarding policy and procedures to best protect the well being, rights and quality of life of older citizens. This Committee meets the first Monday of each month. If you would like additional information, please call Kim Hillsom at 603-271-9215 or send an email to [kim.hillsom@dhhs.nh.gov](mailto:kim.hillsom@dhhs.nh.gov).*

*If you would like information about the agendas or exact meeting times/places, please get in contact with Chairperson Ken Berlin at [kaberlin@comcast.net](mailto:kaberlin@comcast.net).*



# Community Resources and Advocacy Information

\*\*\*To connect with local resources, go to [www.211nh.org](http://www.211nh.org) or call 211\*\*\*

## Advocacy:

**NAMI NH**  
85 North State Street Concord, NH 03301  
(603)-225-5359, Toll Free: 1-800-242-6264  
[www.naminh.org](http://www.naminh.org)

## Office of Consumer and Family Affairs, NH

[thomas.grinley@dhhs.nh.gov](mailto:thomas.grinley@dhhs.nh.gov)  
(800) 852-3345, ext. 5045  
<http://www.dhhs.nh.gov/dcbcs/bbh/ocfa.htm>

## Disabilities Right

64 N Main Street Suite 2 Concord NH  
(603) 228-0432 or (800) 834-1721  
<http://www.drcnh.org/>

## Substance Abuse and Mental Health Services Administration (SAMHSA)

5600 Fishers Lane Rockville, MD 20857  
1-877-SAMHSA-7 (877-726-4727) 800-487-4889 (TDD)  
<http://www.samhsa.gov/>

## Counseling:

### MAPS Counseling Services

23 Central Square #300, Keene, NH 03431  
(603) 355-2244  
9 Vose Farm Road Peterborough, NH 03458  
(603) 924-2240  
[www.mapsnh.org](http://www.mapsnh.org)

### MFS Locations: Administrative Offices

64 Main Street, Suite 201 Keene  
(603) 357-4400

### Adult Recovery and Emergency Services

17 93rd Street Keene  
(603) 357-4400  
**Eastern Region Office**  
9 Vose Farm Road Suite 120 Peterborough, NH 03458  
(603) 924-7236  
Winchester 83 Parker Street Winchester, NH 03470  
(603) 239-4376

### Mountain Wellness Associates

Center 155 Washington St, Keene NH 03431  
603-283-0195  
[www.mtnwellness.org](http://www.mtnwellness.org)

### Antioch Psychological Services Center

40 Avon Street, Keene  
(603) 352-1024  
[www.antiochne.edu/psc](http://www.antiochne.edu/psc)

## Food:

### The Community Kitchen

37 Mechanic St, Keene  
(603) 352-3200  
[www.thecommunitykitchen.org](http://www.thecommunitykitchen.org)

### NH Food Bank

(603)-669-9725  
[www.nhfoodbank.org](http://www.nhfoodbank.org)

## Government Agencies:

### Bureau of Mental Health (BMH), NH

105 Pleasant Street Concord, NH 03301  
Division of Mental Health, Community Based Care Services NH  
Department of Health and Human Services  
105 Pleasant Street Concord, NH 03301  
(603) 271-5000; Toll Free (800) 852-3345, ext. 5000  
[www.dhhs.nh.gov/dcbcs/bbh/contact.htm](http://www.dhhs.nh.gov/dcbcs/bbh/contact.htm)

List of Peer Support Agencies

<http://www.dhhs.state.nh.us/dcbcs/bbh/peer.htm>

### DHHS Online application for services

<https://nheasy.nh.gov/>

### Department of Health and Human Services, Keene District Office

111 Key Road, Keene NH 03431  
(603) 357-3510; (800) 624-9700; TDD Access Relay (800) 735-2964;  
Fax (603) 352-2598  
**Division of Elderly and Adult Services**  
603-357-3510 press 6 when prompted  
[www.dhhs.nh.gov/dcbcs/beas/contact.htm](http://www.dhhs.nh.gov/dcbcs/beas/contact.htm)

### Social Security

9 Elm Street Keene  
1-877-405-3651  
[www.ssa.gov](http://www.ssa.gov)

## Health:

### Monadnock Community Hospital

452 Old St Rd Peterborough, NH 03458  
(603) 924-7191  
[www.monadnockcommunityhospital.com](http://www.monadnockcommunityhospital.com)

### Cheshire Medical Center

580 Court St, Keene  
(603) 354-5400  
<http://www.cheshire-med.com/>

## Helpful Community Services:

### Home, Healthcare, Hospice and Community Services

312 Marlboro St Keene  
(603) 352-2253  
Bereavement Support Groups ongoing support available.  
Toll Free: 1-800-541-4145  
<http://www.hcsservices.org/>

### Hundred Nights Shelter and Drop-in Center

17 Lamson St, Keene  
(603) 352-5197  
[www.hundrednightsinc.org](http://www.hundrednightsinc.org)  
Mindy Cambiar, Executive Director

### Keene Community Education

(603) 357-0088  
<http://www.keenecommunityed.org/>

### Keene Senior Center

70 Court St, Keene  
603-352-5037  
[www.thekeeneseiorcenter.org](http://www.thekeeneseiorcenter.org)

### Keene Vet Center

(603) 358-4900  
<http://www.whiteriver.va.gov/locations/keene.asp>

### Monadnock Center For Violence Prevention

12 Court Street, Keene, NH 03431  
(603) 352-3782  
[www.mcvprevention.org](http://www.mcvprevention.org)

### Planned Parenthood

8 Middle Street Keene, NH 03431  
(603) 352-6898  
<https://www.plannedparenthood.org/health-center/new-hampshire/keene/03431/keene-health-center-2744-91770>

### Pregnancy Resource Center of the Monadnock Region

100 Washington St, Keene, NH  
(603)-358-6460  
24 hour hotline  
1-800-395-HELP  
[info@pregnancyresourcekeene.org](mailto:info@pregnancyresourcekeene.org)

### The River Center

9 Vose Farm Rd Suite 115, Peterborough, NH  
(603) 924-6800  
[www.rivercenter.us](http://www.rivercenter.us)

### ServiceLink Resource Center of the Monadnock Region

105 Castle Street Keene, NH 03431  
Local Line-(603) 357-1922 Local Fax-352-8822

### Southwestern Community Services

63 Community Way, PO Box 603, Keene 03431  
(603) 352-7512, 800-529-0005  
[www.scschelps.org/](http://www.scschelps.org/)

### Vocational Rehabilitation

at The Center at Colony Mill 149 Emerald St, Keene, NH  
(603) 357-0266

<http://www.education.nh.gov/career/vocational/keene.htm>

### Legal Advice & Referral Center (LARC)

15 Green St. Concord, NH 03301  
Phone Number: 800-639-5290 Fax Number: 603-224-6067  
[www.nhlegalaid.org/about/legal-advice-and-referral-center](http://www.nhlegalaid.org/about/legal-advice-and-referral-center)

### Brattleboro Retreat

Central Intake and Ambulatory Services Anna Marsh Lane P.O. Box  
803 Brattleboro, VT 05302  
Toll free: 1-800-RETREAT Local: 1-802-257-7785  
[www.brattlebororetreat.org](http://www.brattlebororetreat.org)

### Family Resource Guide

Po Box 126 Keene, NH, 03431  
<http://www.keenerotary.org/family-resource-guide>

## Housing:

### Keene Housing

831 Court St, Keene, NH 03431  
(603) 352-6161  
<http://www.keenehousing.org/>

### Cheshire Housing Trust

168 Castle St Keene  
(603)-357-7603  
[www.cheshirehousingtrust.org](http://www.cheshirehousingtrust.org)  
Southwestern Community Services Housing  
<http://www.scschelps.org/housing.htm>

## Peer Respite:

### Monadnock Peer Respite

64 Beaver Street Keene NH  
(603) 352-5093  
Contact: Jim McLaughlin, Respite Coordinator,  
[jmclaughlin@monadnockpsa.org](mailto:jmclaughlin@monadnockpsa.org)  
<http://www.monadnockpsa.org/content/monadnock-peer-respite>

### Stepping Stone Crisis

108 Pleasant St, Claremont, NH 03743  
(603) 543-1388  
<http://www.steppingstonenextstep.org/>

### Conway Respite

6 Main St PO Box 241 Conway NH 03818  
(603) 447-1765  
Nichole Schiller, Respite Program Coordinator,  
[alcnichole@gmail.com](mailto:alcnichole@gmail.com)

## H.E.A.R.T.S. Peer Support Center and Respite Center of Greater Nashua

P.O. Box 1564 5 Pine St. Extension Unit Suite 1G Nashua, NH 03060  
Phone: 603-882-8400 Fax (603)-882-8700  
Contact Ken Lewis, Executive Director;  
[kenl-hearts@comcast.net](mailto:kenl-hearts@comcast.net)  
or Tom Doucette, Assistant Executive Director;  
[tomd-hearts@comcast.net](mailto:tomd-hearts@comcast.net)  
<http://www.heartspsa.org>

## Substance Mis-Use:

### Alcoholics Anonymous

Mailing Address: A.A. World Services, Inc., P.O. Box 459, New York, NY 10163 475 Riverside Dr #11 Ny, Ny 10115  
(212) 870-3400  
[www.aa.org](http://www.aa.org)

### NH Area Assembly of Alcoholics Anonymous

1330 Hooksett Road, Hooksett, NH 03106  
(603) 622-6967  
[www.nhaa.net](http://www.nhaa.net)

### Keene Metro Treatment Center

1076 West Swanzy Road, Swanzy, 03446  
Phone: (603) 358-0050 Toll Free 1-877-284-7074 (medication & admission hours)

[www.newseason.com](http://www.newseason.com)

### Phoenix House Keene Center; Outpatient and Residential

### Substance Use Disorder Treatment services

106 Roxbury Street Keene NH 03431  
(603) 358-4041  
[www.phoenixhouse.org](http://www.phoenixhouse.org)

### Monadnock Alcohol & Drug Abuse Coalition (MADAC)

P.O. Box 603, 63 Community Way Keene, NH 03431  
Sarah Johnston, Director  
[sjohnston@SCSHELPS.org](mailto:sjohnston@SCSHELPS.org)

(603) 719-4247

### Monadnock Voices for Prevention

580 Court Street Keene NH 03431  
(603) 354-5454 Ext. 2313  
[www.monadnockvoices.org](http://www.monadnockvoices.org)

### Narcotics Anonymous World Services

<http://www.na.org/>

### The Serenity Center

40 Carpenter St, Keene NH  
(603) 283-5015  
Kristen Vance, Executive Director  
[kristen.vance@keenenserinitycenter.org](mailto:kristen.vance@keenenserinitycenter.org)  
<http://www.keenenserinitycenter.org/>

## Support Groups:

### All Recovery Group

Every Wednesday, 6:30-7:30 pm  
Keene Serenity Center  
Contact: Jessica White (603) 283-5016  
All who have been touched by addiction including recoverees, friends and family are welcome to attend and participate

### NAMI Family Members Support Group

St. James Episcopal Church, 44 West St, Keene  
Contact: Sharon Stout (603) 357-5615,  
[spruce@designandformat.com](mailto:spruce@designandformat.com);

3rd Tuesday of each month 6:30-8:30pm

### Nar-Anon—Thursdays, St James Church Keene NH 7:00-8:30 pm

Contact: (603) 352-1019

## Talk Lines:

### Domestic Violence National 24 Hour Hotline

1-800-799-7233, 1-800-787-3224 (TTY)  
Chat online at <http://www.thehotline.org/>

### National Suicide Prevention Lifeline

1-800-273-TALK (8255)  
<http://www.suicidepreventionlifeline.org/>  
Lifeline Chat <https://suicidepreventionlifeline.org/chat/>

### Peer Support Line

National (877) 733-7563  
4:00 pm-8:00 pm, not open on holidays  
(617) 414-8300 to talk to a Mental Health Professional

### Hand-in-Hand Recovery Line

(603)-283-5015  
Monday through Friday 9:00 am— 5:00 pm

### The Samaritans, Inc.

24 Hour Hotline  
(603) 357-5505 Toll Free (866) 457 2910  
<http://www.samaritansnh.org/>

### Warm Line

4:00—9:00 pm, 7 nights a week, 365 days a year  
(603) 352-5093, Toll Free (866) 352-5093





## Support Groups, Wellness Groups and Activity Descriptions

**Anxiety/Depression Support (Fridays, 3:00-4:30 pm)**—The purpose of this group is to provide us with the opportunity to talk honestly and openly about our experiences with anxiety, depression, and related topics. It is a place where we can find connection and understanding by talking about our common experiences.

**Arts and Crafts for Recovery (Fridays, please check page 12 for dates, 1:00-2:45 pm)**—For many people, creativity plays a key role in maintaining recovery and wellness. Come flex your artistic muscles and make some art that will help inspire you as you continue on the road of recovery and wellness! This group started as a Member idea and is largely Member-run.

**Check In (Monday, Tuesday, Thursday, Friday & Saturday at 9:15 am; Wednesday at 11:15 am) and Check Out (Monday, Tuesday, Thursday, Friday at 4:45 pm; Saturday 12:45 pm; Wednesday, 6:45 pm)**—Join us at the beginning or end of each day for Check In or Check Out, a time where we gather in the Living Room and share how we are. It is always acceptable to say “pass” if you don’t have anything you would like to say. Share your answers for the question of the day and join with us as we create a supportive community!

**Bank/Community Kitchen/Grocery/Pharmacy Run (Wednesdays, 12:15-3:15 pm)**—Are you a part of the MPS community and you need a ride to the Community Kitchen, Market Basket and/or the pharmacy? We can provide you with free transportation! Call 352-5093 or come in to sign up. **We go to Wal-Mart on the 2nd Wednesday of the month. Service is only offered one day per week so please be sure to sign up in advance.**

**Community Lunch Prep, Community Lunch & Lunch Clean-Up (Tuesdays, 10:30 am-1:00 pm)**—**Please sign up by the Saturday before!** Do you enjoy cooking? Come make a meal with us! We bring lunch out to the barn and sit around the table, family style. Please purchase a lunch ticket for \$2. Don’t have \$2? Help with lunch prep or clean up! This is member run! *Please note: please sign up by Monday—we need 2 or more people to make lunch. Time subject to change.*

**Community Meeting (First and Third Tuesday, 1:15-2:15 pm)**—Monadnock Area Peer Support Agency is *your* Center. Attend this meeting and learn about groups, speakers and events; use your voice to suggest, question and have a say in how MPS is run. Help us plan the menu, find out about committees and hear what happened at the Board Meeting. If you miss a meeting or a speaker, check out the Community Meeting Minutes Binder or Monthly Speaker Binder in the Living Room.

**Consumer Council (3rd Tuesday of the Month, 10:00 am-1:00 pm)**—Are you interested in what’s happening around mental health issues in the State of NH? The mission of the Council is to “educate and advocate with consumers, clinicians and mental health administrators in pursuit of equal rights and a recovery-based mental health system, and to empower consumers to participate and exercise leadership in regional and statewide forums,” so get ready to make your voice heard when you attend. Please join us as we teleconference for this important, statewide meeting! Please email Tom Grinley at [Thomas.Grinley@dhhs.nh.gov](mailto:Thomas.Grinley@dhhs.nh.gov).


**\*\*\*NEW\*\*\* Community Garden—(Tuesdays, 9:45 am-10:45 pm)** —Are you interested in gardening? Do you have a green thumb? Come be part of the team that plans and delegates responsibilities for tending our Keene Community Garden Connections Raised Beds. All are welcome—even if you don’t have a green thumb!

**Creative Writing (Thursdays, 3:00-4:30 pm)**—Creative Writing is open to all members and is member run! We explore new ideas, write for wellness and recovery do journaling, fiction, poetry or autobiographical writing. People are invited to write what they chose. Any piece of writing can be submitted for submission for the MPS Butterfly Bulletin.

**Depression/Bipolar Support (Wednesdays, 5:15-6:45 pm)**—Get support from others who have personal experience with feelings of depression, anxiety and/or bipolar disorder in a safe and confidential environment.

**Hearing Voices Network (USA) Group (Thursdays, 1:00-2:30 pm)**—If you hear voices or, see things that others don’t, or have experiences that no one gets, a Hearing Voices Network USA Group just might be the thing for you. This group is connected to Intervoice, the International Hearing Voices Movement, and provides a safe place where people can meet and talk about their experiences without fear of judgment, shame. You can talk about, explore and find meaning with others who share similar experiences in this peer-facilitated group. Please note: you do not have to self-identify as hearing voices to attend this group. This group is a HVN USA Affiliated Group. *Please go to [www.hearingvoicesusa.org](http://www.hearingvoicesusa.org) for more information.*

**\*\*NEW DAY AND TIME\*\* LGBTQ Support Group (Tuesdays, 5:00-6:30 pm)**—Have you struggled with mental health and exploring your sexual orientation or gender identity? Those attending this group will gain the benefit of giving and receiving support in a safe, stigma-free and non-judgmental, peer facilitated group with people who share similar emotional and life challenges.



Did you know that MPS offers FREE transportation to our center at opening and from our center at closing? We cover the Monadnock Region. To sign up for a ride please call us 30 minutes before closing or earlier to get on the list! *Please note: Van is NOT ADA Accessible at this time.*

## Support Groups, Wellness Groups and Activity Descriptions (Cont.)

**Men's Group (Friday, 10:00–11:00 am)**— A group is formed by and for the male members of MPS. It is simply called Men's Group. It is a member run group with no particular facilitator, and is a time for men to get together to talk about issues pertaining to men.

**Movie/Game Group (Mondays, 1:30–4:30 pm)**— Come together and watch a different movie or game each week. You are welcome to bring your own movies or games to share. This group is member-run.

**Music (Wednesdays, 3:00–5:00 pm)**—Come listen to a variety of music, recorded and live, sing and dance along if you wish, or just relax. You are welcome to play our (tuned!) piano in the barn or bring your own instrument to play! This group is member-run.

**Print Week (Usually 3rd Week of the Month)**—Come join us as we print the “Butterfly Bulletin Newsletter” and get it ready for delivery! *Please note: week is subject to change without notice.*

**SAD Support Group (Tuesdays, 2:30–3:30 pm)**— *On Hiatus*

**Survivors of Suicide Attempts (LAST Friday of the Month—3:30–4:30 pm)**—For many of us, suicide can seem like the only option. If you have survived trying to end your life, this peer-run group is a safe place to talk about what you have been through and what you're going through in an empathetic and non-judgmental environment.

**Volunteering at Fast Friends (Mondays, 10:45 am–12:45 pm)**—Come lend a hand to the staff of Fast Friends and visit with the animals—free transportation from MPS to MHS and back. *Please ask Jim N. for an application if you are interested in attending. Please note—there is once a month member volunteer orientation you must complete before being allowed to volunteer.*

**Warm Line (Seven Nights a Week, 365 Nights a Year, 4:00–9:00 pm)**—A confidential and non-judgmental peer support service offered nightly. Call the Warm Line at (603) 352-5093 or toll free at 1 (866) 352-5093 if you are feeling lonely, stressed, happy, have bad news or good news, or if you just want to talk with someone.



**Contact:** Jim McLaughlin, Respite Coordinator

[jmclaughlin@monadnockpsa.org](mailto:jmclaughlin@monadnockpsa.org)

[www.monadnockpsa.org](http://www.monadnockpsa.org) (603) 352-5093

*Transforming 'crisis' into opportunities  
to learn, heal, and grow.*

...for anyone who is experiencing distress and feels they would benefit from being in a short-term, 24-hour, peer-to-peer, supported environment with others who have “been there.” We strive to provide a safe place in which each person

can find the balance and support needed to turn what is so often referred to as ‘crisis’ into a learning and growth opportunity.

**Monadnock Peer Respite (MPR)** is founded upon years of community advocacy that has recognized the value of peer-to-peer support.


It operates based upon several core values including genuine human relationships, self-determination and personal strength, mutuality, optimism, healing environments, and respect.

While at MPR, you'll have the opportunity to connect with people who know how to listen and who have lived experience. You will also have the privacy of your own room, time to rest and take a break from life's concerns.

You will be in charge of how you use your time during your stay.

**To get started...** If you think you might be interested in staying at MPR, contact us and let's start a conversation about what you're looking for and whether MPR may or may not be the right fit for you!



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Please Sign Up For Community Lunch by the Monday before to make it happen! This is member run!</b></p>	<p><b>Speaker May 28th To Be Announced!</b></p> <p><b>Member Rights and Responsibilities training and information on sexual harassment May 7th, 1:15-2:15pm!</b></p> <p><b>May 14th Monthly Trip To Be Announced!</b></p>	<p><b>1</b></p> <p><b>Bank/Com. Kitchen/Grocery/Pharmacy</b> 12:15-3:15 pm <b>Music</b> 3:00-5:00 pm <b>Depression/Bipolar Support</b> 5:15-6:45 pm</p>	<p><b>2</b></p> <p><b>Hearing Voices Network USA</b> 1:00-2:30 pm <b>Creative Writing</b> 3:00-4:30 pm</p>	<p><b>3</b></p> <p><b>Men's Group</b> 10:00-11:00 am <b>Arts &amp; Crafts for Recovery</b> 1:00-2:45 pm <b>Anxiety/Depression Support</b> 3:00-4:30 pm</p>
<p><b>6</b></p> <p><b>Volunteering at Fast Friends</b> 10:45 am-12:45 pm <b>Movie/Game Group</b> 1:30-4:30 pm</p>	<p><b>7</b></p> <p><b>Community Garden</b> 9:45-10:45 am <b>Community Lunch Prep, Community Lunch &amp; Clean Up</b> 10:30 am-1:00 pm <b>Community Meeting</b> 1:15-2:15 pm <b>LGBTQ+ Support</b> 5:00-6:30 pm</p>	<p><b>8</b></p> <p><b>Bank/Dollar Store/Com. Kitchen/Grocery/Pharmacy/Walmart</b> 12:15-3:15 pm <b>Music</b> 3:00-5:00 pm <b>Depression/Bipolar Support</b> 5:15-6:45 pm</p>	<p><b>9</b></p> <p><b>Hearing Voices Network USA</b> 1:00-2:30 pm <b>Creative Writing</b> 3:00-4:30 pm</p>	<p><b>10</b></p> <p><b>Men's Group</b> 10:00-11:00 am <b>Arts &amp; Crafts for Recovery</b> 1:00-2:45 pm <b>Anxiety/Depression Support</b> 3:00-4:30 pm</p>
<p><b>13</b></p> <p><b>Volunteering at Fast Friends</b> 10:45 am-12:45 pm <b>Movie/Game Group</b> 1:30-4:30 pm</p>	<p><b>14</b></p> <p><b>Community Garden</b> 9:45-10:45 am <b>Community Lunch Prep, Community Lunch &amp; Clean Up</b> 10:30 am-1:00 pm <b>LGBTQ+ Support</b> 5:00-6:30 pm</p>	<p><b>15</b></p> <p><b>Bank/Com. Kitchen/Grocery/Pharmacy</b> 12:15-3:15 pm <b>Music</b> 3:00-5:00 pm <b>Depression/Bipolar Support</b> 5:15-6:45 pm</p>	<p><b>16</b></p> <p><b>Hearing Voices Network USA</b> 1:00-2:30 pm <b>Creative Writing</b> 3:00-4:30 pm <b>MPS Board Meeting</b> 6:00-7:30 pm</p>	<p><b>17</b></p> <p><b>Men's Group</b> 10:00-11:00 am <b>Arts &amp; Crafts for Recovery</b> 1:00-2:45 pm <b>Anxiety/Depression Support</b> 3:00-4:30 pm</p>
<p><b>20</b></p> <p><b>Volunteering at Fast Friends</b> 10:45 am-12:45 pm <b>Movie/Game Group</b> 1:30-4:30 pm</p>	<p><b>21</b></p> <p><b>Consumer Council</b> 10:00 am-1:00 pm <b>Community Garden</b> 9:45-10:45 am <b>Community Lunch Prep, Community Lunch &amp; Clean Up</b> 10:30 am-1:00 pm <b>Community Meeting</b> 1:15-2:15 pm <b>LGBTQ+ Support</b> 5:00-6:30 pm</p>	<p><b>22</b></p> <p><b>Bank/Com. Kitchen/Grocery/Pharmacy</b> 12:15-3:15 pm <b>Music</b> 3:00-5:00 pm <b>Depression/Bipolar Support</b> 5:15-6:45 pm</p>	<p><b>23</b></p> <p><b>Hearing Voices Network USA</b> 1:00-2:30 pm <b>Creative Writing</b> 3:00-4:30 pm</p>	<p><b>24</b></p> <p><b>Men's Group</b> 10:00-11:00 am <b>Arts &amp; Crafts for Recovery</b> 1:00-2:45 pm <b>Anxiety/Depression Support</b> 3:00-4:30 pm</p>
<p><b>27</b></p> <p><b>Closed For Memorial Day!</b></p> 	<p><b>28</b></p> <p><b>Community Garden</b> 9:45-10:45 am <b>Community Lunch Prep, Community Lunch &amp; Clean Up</b> 10:30 am-1:00 pm <b>LGBTQ+ Support</b> 5:00-6:30 pm</p>	<p><b>29</b></p> <p><b>Bank/Com. Kitchen/Grocery/Pharmacy</b> 12:15-3:15 pm <b>Music</b> 3:00-5:00 pm <b>Depression/Bipolar Support</b> 5:15-6:45 pm</p>	<p><b>30</b></p> <p><b>Hearing Voices Network USA</b> 1:00-2:30 pm <b>Creative Writing</b> 3:00-4:30 pm</p>	<p><b>31</b></p> <p><b>Men's Group</b> 10:00-11:00 am <b>Arts &amp; Crafts for Recovery w/Laura</b> 1:00-2:45 pm <b>Survivors of Suicide Attempts</b> 3:30-4:30 pm</p>

