

FREE! PLEASE TAKE ONE!

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

February 2019 Vol. 19 No. 2



The Butterfly Bulle-

Recovery — Wellness — Empower-



*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., Tues., Thurs., & Fri. 9:00 am to 5:00 pm & Wed. 11:00 am-7:00 pm & Sat. 9:00 am-1:00 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

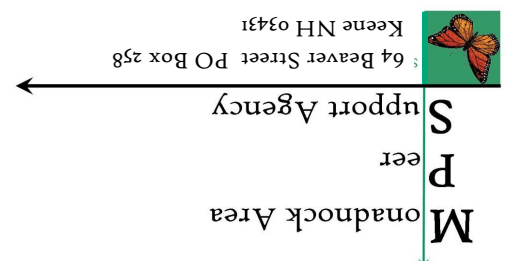
www.monadnockpsa.org

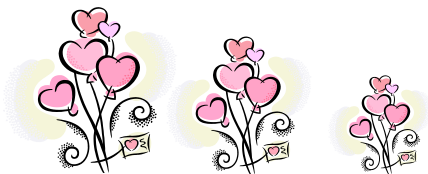
Monadnock Area Peer Support Agency is a Monadnock United Way Agency



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Keene, NH 03431

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

Monadnock Peer Respite Wish List

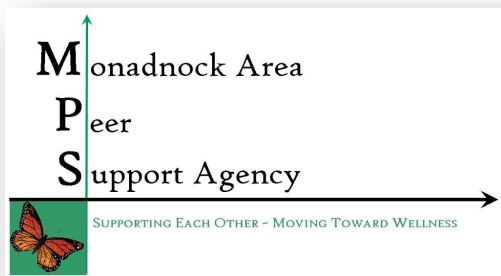
- *Towels/Wash Cloths
- *Rugs
- *Books (mental health, healing etc.)
- *NEW in package twin bed sets, spreads
- *NEW in package queen bed sets, spreads
- *NEW pillow cases
- *2 Tall Laundry Baskets with Bags
- *Extension cords
- *Couch
- *Chairs
- *Floor Lamps
- *Wall Art
- *Scent Free Laundry Detergent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

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 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

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.



December Highlights



Group gathered eating



Sign and snacks



Christmas Tree



Theresa and Daria



Sarah and Jude



Sarah and Peter singing duet,
Toby behind them



Grab Bag Gifts



Toby and Sarah singing duet

My Non-Story By James Noyes

I want to write something for the newsletter, but I can't think of a topic or a story that's interesting. My personal history is not exciting at all, and anyway it's evolving all the time. Maybe an idea to bring up is that people's histories matter very little in daily life. I don't believe that my history has made me who I am. I am who I am because I breathe, eat and drink, take in the world through my senses, and do what I need to do. I don't usually know what I want to do..., but I do know that the present will always be the most important moment of my, or anyone's, life. The present is in fact the only moment that anyone can ever experience.

I can write that, but I'm actually terrible at living in the present. I'm usually off in my head somewhere, worrying about what might happen or thinking about something from the past. Being present is something that I work on. If I can acknowledge and admire the world around me, life becomes much easier and more pleasant. If I can feel myself to be present, then all is fine. But, like I said, I'm often stuck in my head, which causes me to feel anxious or depressed, or just spaced out.

I find it interesting and maddening that feeling present doesn't come naturally. Well, actually it did when we were young, but then we were conditioned in school and society to believe that our minds are superior to our beings. We are not taught, at least in the western world, to feel our aliveness and cherish it. Our minds often take us over and make us believe that our beings are of little significance. We need to break out of this somehow. To take our beings back from the grip of mind. Our brains are an amazing tool, but they are not who we are any more than our hands or legs are who we are.

I believe that we are spiritual beings who derive a sense of being through experiencing the here and now.

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 klafor@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

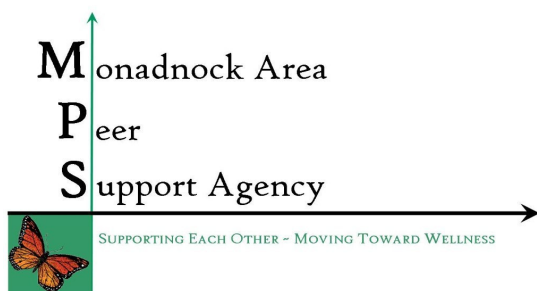
Dan at dswanson@monadnockpsa.org or

Jude at 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!!!

***Brian and Corynne for December Newsletter help!

***Joe and Brian for Newsletter Delivery!

***Toby for donating to Marla's Closet

***Ben and Kim Zimerli for twin bed sheet sets!

***Toby for donating food!

***Ben for donating food!

***Bonnie, Kristin, Adele and Thomas for donating!

***Anonymous for donating assorted items!

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!

Icy Parking Lot

Sometimes our parking lot is more like a skating rink in the winter. We do our best to provide sand for members and staff to use but sometimes we close the parking lot to ensure safety. You can park on the right side of the road on Brook Street or on other area streets around MPS if the parking lot is closed. Please lend a hand with sanding and happy winter!

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!*

*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
We are accepting donations of clothes in good condition (Undergarments MUST be new).*

Please Note

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

If it's snowing or there is bad weather, please check our [website](#) or [Facebook](#) page to see if we're open. We're also working to get closing information on WMUR Chanel 9 and the local radio station. We follow the school district SAU 29, so if schools are closed, MPS will usually be closed. You can also call to see if anyone picks up the phone.

~Let It Snow!~



February Trip!

We will be going to Brattleboro to see the shops and museums. Please bring your own money to purchase anything. We will be leaving with the van on Thursday February 7th at 10:00am. Please come to the guideline meeting at 9:45 am that day.

Thank you to everyone who voted in the survey of the peer supports this year! We got the 2nd most responses! It's all thanks to everyone who participated! Hope you all will vote again next year!

Arts for Recovery is celebrating seven years this month! Thank you to all who has made it possible! Please continue to create beautiful works with us! Here's to another seven years!

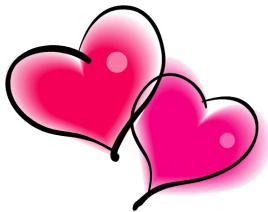
We've noticed that Saturdays have seen low attendance and we would like you to vote on which of the two options provided that you would prefer to see!

<https://www.surveymonkey.com/r/BN283VJ>

Editors Note: *If you notice any typos/mistakes please let me know and I will point them out.
E-mail klafor@monadnockpsa.org or tell me in person!

Special invitation from Patty Mackey, Board Chair! The Board is looking for 2 Members with lived experience to join! Even if you can't join, you can definitely help out with a committee. E-mail pj_mackey@live.com.





Intentional Peer Support Quote of the Month

"If your job is not to 'provide,' what is it? It's to build mutually responsible relationships in which you both learn and grow. Your job is to be you, and own it! It's to listen from a position of not knowing, and to pay attention to the untold story."



NH MHPAC

The NH Mental Health Planning and Advisory Council (formerly BHAC) advocates for adults, children and youth with serious mental health challenges.

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

MHBG State Planner: Beth Anne Nichols

Beth.Nichols@dhhs.nh.gov

www.dhhs.nh.gov/dcbcs/bbh/grant.htm

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.

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.

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

If you want to join the teleconference on your own, please contact Tom Grinley at:

Thomas.Grinley@dhhs.nh.gov.

3rd Tuesday of the Month 10:00 am-1:00 pm

LOCAL FEBRUARY HIGHLIGHTS IN THE MONADNOCK REGION

Keene Ice and Snow Festival— Saturday February 2nd, Save the date for the 17th Annual Keene Ice & Snow Festival, A day of family fun including ice sculptures, train ride, crafts, s'mores, face painting and much more. For more information go to <https://tinyurl.com/y7cjcyvz>. Held in Central Square and Railroad Street, Downtown Keene NH.

Pollinators Matter - How to Attract and Observe Workshop— Wednesday, February 20th from 5:30-7:00 pm. This workshop will cover beekeeping as well as preparing an caring for Mason Bees. We'll also talk about how we can encourage beneficial insects to visit our yards. Adding pollinators is a great way to increase the yield in your garden, as well as share an excellent educational opportunity with friends and family. We'll offer suggestions, pros and cons, and review a variety of bee houses. For more information <https://www.facebook.com/events/774688929572171/>. Held at 25 Roxbury St, Keene NH in the Roxbury Room of the Hannah Grimes Center for Entrepreneurship.

Free Ice Skating— Wednesday, February 27th from 2:50-3:50 pm. The recreation department will be hosting free ice skating at Keene Ice. Skate rentals will be available through Keene Ice for \$4.00. For more information go to <https://www.facebook.com/events/747196328973598/>. Held at 380 Marlboro St, Keene NH.



Community Resources and Advocacy Information ***To connect with local resources, go to www.211nh.org or call 211***

Advocacy:

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

Office of Consumer and Family Affairs, NH thomas.grinley@dhhs.nh.gov or (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

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

Antioch Psychological Services Center 40 Avon Street, Keene (603) 352-1024 www.antiochne.edu/psc

Food:

The Community Kitchen 37 Mechanic St, Keene (603) 352-3200 www.thecommunitykitchen.org
NH Food Bank (603)-669-9725 www.nhfoodbank.org

Government Agencies:

Bureau of Mental Health (BMH), NH Street address 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; 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

Social Security 9 Elm Street Keene 1-877-405-3651 www.ssa.gov

Health:

Monadnock Community Hospital 452 Old St Rd Peterborough, NH 03458 (603) 924-7191 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 availa-

ble. Please call 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 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

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

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 [in-](mailto:info@pregnancyresourcekeene.org)

fo@pregnancyresourcekeene.org

The River Center 9 Vose Farm Rd Suite 115, Peterborough, NH (603) 924-6800 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.scshehelps.org/

Vocational Rehabilitation at The Center at Colony Mill 149 Emerald St, Keene, NH 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

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

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

Southwestern Community Services Housing <http://www.scshehelps.org/housing.htm>

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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

Southwestern Community Services Housing <http://www.scshehelps.org/housing.htm>

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Cheshire Housing Trust 168 Castle St Keene (603)-357-7603 www.cheshirehousingtrust.org

Southwestern Community Services Housing <http://www.scshehelps.org/housing.htm>

Peer Respite:

Monadnock Peer Respite 64 Beaver Street Keene NH Contact: Jim McLaughlin, Respite Coordinator, jmclaughlin@monadnockpsa.org (603) 352-5093

<http://www.monadnockpsa.org/content/monadnock-peer-respite>

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

Conway Respite 6 Main St PO Box 241 Conway NH 03818 (603) 447-1765 Nichole Schiller, Respite Program Coordinator, 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 at kenl-hearts@comcast.net

or Tom Doucette, Assistant Executive Director, at tomd-hearts@comcast.net <http://www.heartpsa.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

NH Area Assembly of Alcoholics Anonymous 1330 Hooksett Road, Hooksett, NH 03106

www.nhaa.net (603) 622-6967

Keene Metro Treatment Center 1076 West Swan-zey Road, Swanzey, 03446 Phone: (603) 358-0050 Toll Free 1-877-284-7074 (medication & admission hours) www.newseason.com

Phoenix House Keene Center; Outpatient and Residential Substance Use Disorder Treatment services 106 Roxbury Street Keene NH 03431 Call (603) 358-4041 www.phoenixhouse.org

Monadnock Alcohol & Drug Abuse Coalition (MADAC) P.O. Box 603, 63 Community Way Keene, NH 03431 sjohnston@SCSHELPS.org Sarah Johnston, Director (603) 719-4247

Monadnock Voices for Prevention 580 Court Street Keene NH 03431 (603) 354-5454 Ext. 2313 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@keenenserenitycenter.org

<http://www.keenenserenitycenter.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 357-5615, sprice@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

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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





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

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! Check our website (www.monadnockpsa.org) to see projects for the class. 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! *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.

Creative Writing (Thursdays, 3:00-4:30 pm)—Creative Writing is open to all members. 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 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 that others don’t, 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 for more information and please sign up 1-2 days in advance for this group.*

LGBTQ Support Group (Saturdays, 11:30 am-12:30 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.

Support Groups, Wellness Groups and Activity Descriptions (continued)

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)— This group is here to provide a space for those who feel strongly affected by the seasons to talk confidentially about our feelings, thoughts, and experiences. This group gives us a chance to support each other through difficult times, especially the winter where the lack of sunlight often causes some of us to feel down or sad.

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.

MONADNOCK

PEER RESPITE



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!

Contact: Jim McLaughlin, Respite Coordinator

jmclaughlin@monadnockpsa.org

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

Monadnock Area Peer Support Agency: February 2019 Groups, Events and Activities

MPS HOURS
Mon., Tues., Thurs., Fri. 9:00 am-5:00 pm
Wed. 11:00 am-7:00 pm; Sat. 9:00 am-1:00 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Speaker To Be Announced	Trip Visiting Brattleboro February 7th Guideline Meeting will be at 9:45 am We will leave at 10:00 am.	Superbowl Party! Sunday, February 3rd! Please sign up to come and bring snacks!		1 Men's Group 10:00-11:00 am Arts & Crafts for Recovery 1:00-2:45 pm Anxiety/Depression Support 3:00-4:30 pm	2 Fridge Cleaning LGBTQ+ Support 11:30 am-12:30 pm <i>Community lunch happens on Tuesday! Please sign up by Monday to make lunch happen!</i>
4 Volunteering at Fast Friends 10:45 am-12:45 pm Movie/Game Group 1:30-4:30 pm	5 Community Lunch Prep, Community Lunch & Clean Up 10:30 am-1:00 pm Community Meeting 1:15-2:15 pm SAD Support Group 2:30-4:00 pm	6 Bank/Com. Kitchen/Grocery/Pharmacy 12:15-3:15 pm Music 3:00-5:00 pm Depression/Bipolar Support 5:15-6:45 pm	7 Hearing Voices Network USA 1:00-2:30 pm Creative Writing 3:00-4:30 pm <i>Trip to Brattleboro 9:45 am Guidelines 10:00 am leaving</i>	8 Closed for Staff Training	9 Fridge Cleaning LGBTQ+ Support 11:30 am-12:30 pm <i>Community lunch happens on Tuesday! Please sign up by Monday to make lunch happen!</i>
11 Volunteering at Fast Friends 10:45 am-12:45 pm Movie/Game Group 1:30-4:30 pm	12 Community Lunch Prep, Community Lunch & Clean Up 10:30 am-1:00 pm SAD Support Group 2:30-4:00 pm	13 Bank/Dollar Store/Com. Kitchen/Grocery/Pharmacy/Walmart 12:15-3:15 pm Music 3:00-5:00 pm Depression/Bipolar Support 5:15-6:45 pm	14 Hearing Voices Network USA 11:00-12:30 pm <i>Valentines Day Party 1:00 pm-4:00 pm</i> <i>Happy Valentine's Day</i>	15 Men's Group 10:00-11:00 am Arts & Crafts for Recovery 1:00-2:45 pm Anxiety/Depression Support 3:00-4:30 pm	16 Closed for Staff Training
18 Volunteering at Fast Friends 10:45 am-12:45 pm Movie/Game Group 1:30-4:30 pm	19 Consumer Council 10:00 am-1:00 pm Community Lunch Prep, Community Lunch & Clean Up 10:30 am-1:00 pm Community Meeting 1:15-2:15 pm SAD Support Group 2:30-4:00 pm	20 Bank/Com. Kitchen/Grocery/Pharmacy 12:15-3:15 pm Music 3:00-5:00 pm Depression/Bipolar Support 5:15-6:45 pm	21 Hearing Voices Network USA 1:00-2:30 pm Creative Writing 3:00-4:30 pm MPS Fundraising Committee 5:30-6:00 pm MPS Board Meeting 6:00-7:30 pm	22 Men's Group 10:00-11:00 am Arts & Crafts for Recovery w/Laura 1:00-2:45 pm Survivors of Suicide Attempts 3:30-4:30 pm	23 Fridge Cleaning LGBTQ+ Support 11:30 am-12:30 pm <i>Community lunch happens on Tuesday! Please sign up by Monday to make lunch happen!</i>
25 Volunteering at Fast Friends 10:45 am-12:45 pm Movie/Game Group 1:30-4:30 pm	26 Community Lunch Prep, Community Lunch & Clean Up 10:30 am-1:00 pm SAD Support Group 2:30-4:00 pm	27 Bank/Com. Kitchen/Grocery/Pharmacy 12:15-3:15 pm Music 3:00-5:00 pm Depression/Bipolar Support 5:15-6:45 pm	28 Hearing Voices Network USA 1:00-2:30 pm Creative Writing 3:00-4:30 pm	