

The Butterfly Bulletin

The Latest News at Monadnock Peer Support Agency

In This Issue

MPS has moved!	Page 1
Announcements & Beyond Possible	Page 2
MPS Monthly Must Have's	Page 3
June Opportunities	Page 4
Highlights of Hope	Page 5
Calendar	Page 6



Monadnock Area Peer Support Agency

32 Washington Street, PO Box 258, Keene, NH, 03431

Phone hours: Monday through Friday, 9:00am-4:00pm

Phone: (603) 352-5093, (603) 352-5094 or Toll Free: (866) 352-5093

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

Check www.monadnockpsa.org for Online Peer Support Groups! Contact us on Facebook at Monadnock Peer Support Agency, or on our Facebook group at Monadnock Peer Support Community Group

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

JOIN US FOR COMMUNITY MEETING ON THE 2ND TUESDAY OF THE MONTH AT 4PM!

Happening in person and on Zoom
ID#: 603-352-5093

New logo coming soon!



LGBTQ+ SUPPORT NOW ON FRIDAYS 11:00 AM- 12:00 PM



"Beyond Possible: How the Hearing Voices Approach Transforms Lives."

This short film discusses how the nonclinical and nonmedical approach of the Hearing Voices Network can change people's lives. The beginning of the video features individuals who have experienced struggles with hearing voices. They have been told by doctors and psychiatrists that they have a neurological issue, a mental illness, or a diagnosis (sometimes all three) and that they will have to take medication in order to make the voices stop and that this is the only way. Some individuals have experienced voices that tell them to harm themselves and some have experienced voices that are kind to them.

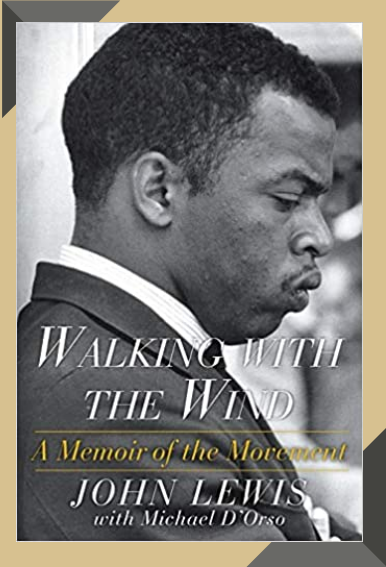
However, a psychiatrist by the name of Marius Romme worked with an individual named Patsy Hague. Patsy was hearing voices and medication wasn't working. Marius decided to try a new way. He decided to bring individuals who heard voices together and invite them to discuss their experiences. To his shock, this meeting proved beneficial to the participants. Thus the Hearing Voices Network was born.

The individuals who came together with shared experiences felt comfortable enough to open up and talk about the voices. Talking about them brought the voices into a new light. The participants questioned how the voices came to be. These individuals felt connected to one another, knowing that they were not alone and that they could work through their experiences together. Many of the participants who had been told they would be on medication or institutionalized are working jobs and living life like any other person by finding community and support in the Hearing Voices Network.

Check out the full video here:
<https://www.youtube.com/watch?v=Qk5juEgi1oY>

MPS Monthly Must Have's

Monthly Recommendations



Book of the Month:

Walking with the Wind: A Memoir of the Movement By John Lewis

An award-winning national bestseller, "Walking with the Wind" is one of the most important records of the American Civil Rights Movement. Told by John Lewis, who Cornel West calls a "national treasure," this is a gripping first-hand account of the fight for civil rights and the courage it takes to change a nation.

Recipe of the Month: **Easy Quiche Recipe**

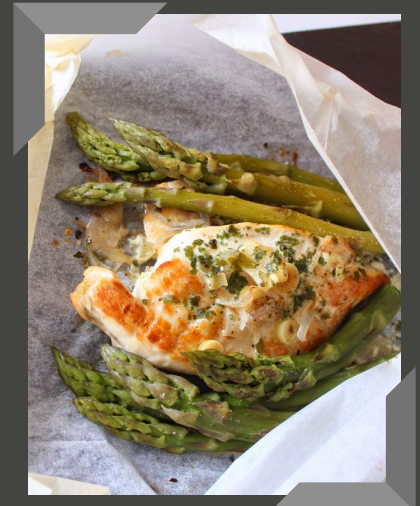
Author: Eatwell 101

Ingredients List

Serves: 2

2 chicken breasts
14 beautiful green asparagus
1 stick of lemongrass
4 tablespoons liquid cream
1 teaspoon mustard

1 small shallot
1 clove of garlic
1 handful freshly chopped parsley
Salt & pepper



Instructions:

1. Preheat your oven to 390°F (200°C).
2. Peel and finely chop shallot. Peel and cut the garlic clove in half, crush the two pieces with the flat of the blade.
3. Trim the hard tip of the lemongrass, then chop finely.
4. Cut the hard stem of asparagus and peel them if necessary.
5. Cook the asparagus for 5 minutes in boiling salted water. Then rinse under cold water and set aside.
6. Brown chicken breasts in a hot pan with a bit of olive oil.
7. In a bowl, combine mustard and cream with a little salt and pepper.
8. Cut two squares of parchment paper. In the middle of each, arrange chicken breast, half the asparagus, a little lemongrass, garlic and shallot. Top with the cream and mustard sauce.
9. Sprinkle with parsley, close the foil packets and bake for 15 minutes. Open up your packets and serve.

June Opportunities

Monthly Challenge // Voting for a New Name

June Justice Challenge: 1 time, 5 minutes



The Edmund Pettus Bridge, now a National Historic Landmark, was the site of the brutal Bloody Sunday beatings of civil rights marchers during the first march for voting rights. The televised attacks were seen all over the nation, prompting public support for the civil rights activists in Selma and for the voting rights campaign.

After Bloody Sunday, protestors were granted the right to continue marching, and two more marches for voting rights followed.

Edmund Pettus was a bitter racist, undeserving of the honor bestowed upon him. As we wipe away this country's long stain of bigotry, we must also wipe away the names of men like Edmund Pettus.

It's far past time to rename the Edmund Pettus Bridge after Representative John Lewis, a civil rights icon that nearly gave his life on that bridge.

Consider taking 5 minutes to sign the petition at <https://johnlewisbridge.com/>

Vote for the Butterfly Bulletin's New Name!

 **MONADNOCK PEER
SUPPORT PERSPECTIVES**

 **MONADNOCK PEER
SUPPORT EXPRESS**

 **MONADNOCK PEER
SUPPORT NEWS**

 **MONADNOCK PEER
SUPPORT PULSE**

 **MONADNOCK PEER
SUPPORT ADVOCATE**

Highlights of Hope

Thank You // Sneak Peak



A Word of Thanks from Executive Director Christine Allen

So many things to be grateful for over here at Monadnock Area Peer Support Agency! Let's give a big shout out to Tim Sampson at Sampson Architecture for donating their services to our organization! Because of their dedication to our community we will have a state of the art ADA compliant bathroom installed by Hartwell Plumbing and Heating! Our electrician is no other than James Castnagna! He has been a joy to work with!

Allen Contracting out of Brattleboro, VT does absolutely outstanding work. Could not be more pleased!

Huge shout out to Jodie Jacob's at Spectrum for always going above and beyond with your customer service at Spectrum! I'm sure they are proud to have you!

Big shout out to Emerson's Furniture in Brattleboro, Vermont for a wonderful donation to our organization of furniture and time! Peter Johnson, your the best partner one could ask for!

Carol Slocum has been an outstanding realtor and has helped with the purchase of 24 Vernon Street and the sake of Beaver! 1000 thank you's!

A big thank you to Jen English for volunteering your services to helping with our rebranding efforts!

Huge shout out to Monadnock Family Services and Keene Housing for being such great community partners!



Next Month's Sneak Peak*
Sangu Delle: There's No Shame in
Taking Care of Your Mental Health

*Editor's note: You might remember that Delle's TEDTalk was slated for June's newsletter. Due to an error, we'll be featuring Delle's talk in July. Apologies for the delay and thank you for your understanding

Weekly Schedule

MONDAY

**Check In
Featuring Music**
9:15 am-9:45 am

Feelings of Anger
1:00 pm-2:30 pm

**Check Out
Featuring the
Creative Writing
Prompt of
the Day**
4:00 pm-4:30 pm

TUESDAY

**Check In
Featuring
the Stretch
of the Day**
9:15 am-9:45 am

Walking Group
1:30 pm-2:30 pm

Women's Group
3:00 pm-4:00 pm

**Check Out
Featuring Self-
Advocacy**
4:00 pm-4:30 pm

WEDNESDAY

**Check In
Featuring Art**
9:15 am-9:45 am

Isolation Support
1:00 pm-2:30 pm

**Check Out
Featuring
Physical Well-
being Tips**
4:00 pm-4:30 pm

**Beyond Bipolar
& Depression**
5:00 pm-6:30 pm

THURSDAY

**Check In
Featuring
Movie Trivia**
9:15 am-9:45 am

**Hearing Voices
Network-USA**
12:00 pm-1:30 pm

**Trauma
Survivors**
2:00 pm-3:30 pm

**Check Out
Featuring
Meditation**
4:00 pm-4:30 pm

FRIDAY

**Check In
Featuring Moving
with Intention**
9:15 am-9:45 am

LGBTQ+ Support
11:00 am-12:00 pm

**Anxiety/Depression
Support**
2:00 pm-3:30 pm

**Check Out
Featuring the
Recipe for the
Weekend**
4:00 pm-4:30 pm



Community Happenings

- 6/8/21 @ 4:00 pm -- 2nd Tuesday of the month, Community Meeting (please note the different time!)
- 6/15/21, Tuesday @ 5:30 pm--MPS Monthly Board Meeting
- Mental Health Peer Alliance -- 3rd Tuesday of the month from 10:00 am-12:00 pm, please email Sharon Reynolds at sharonlynnreynolds@yahoo.com or Greg Burdwood at greg@connectionspeersupport.org for more information. The Peer Alliance meets on the third Tuesday of each month from 10:00 to noon.
- June Justice Challenge -- 1 time, 5 minutes! See page 3 for details and let us know how it's going at Check In or Check Out or on our FB group "Monadnock Peer Support Community Group".