

# Butterfly Bulletin

Vol.19 No.11

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

## December

## Monadnock Area Peer Support Agency

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

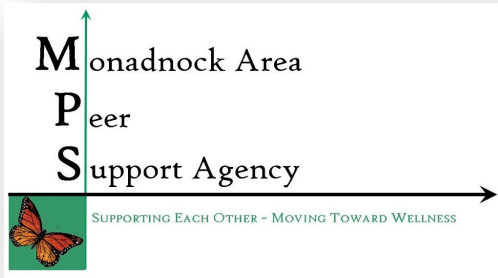
Peer Respite (802) 387-0269; Warm Line Hours: 4:00-9:00 pm, 7 Nights a Week, 365 Days a Year

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





## 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.**

## MONADNOCK PEER RESPITE

**Contact:** Douglass Robertson, Respite Coordinator

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

[www.monadnockpsa.org](http://www.monadnockpsa.org) (603) 352-5093 (available 9 AM - 4 PM)

(802) 387-0269 (all other hours)

*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!**



## December Holidays

- Dec 1—World AIDS Day
- Dec 7—Pearl Harbor Remembrance Day
- Dec 21—Winter Solstice/First day of Winter
- Dec 22—Hanukkah Begins @ Sundown
- Dec 25—Christmas Day
- Dec 26—Kwanzaa Begins
- Dec 31—New Year's Eve



# 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: Tuesdays 3:00-4:00 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 at 9:15 am; Wednesday at 11:15 am; and Check Out: Monday & Friday at 4:45 pm, Tues. Weds. Thurs. at 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; stick around to hear our Physical Wellbeing Conversation & News of the Day!

## **Community Kitchen/Grocery/Pharmacy Run:**

### **Wednesdays, 12:00 - 2:00 pm**

If you need a ride to the Community Kitchen, Market Basket and/or the pharmacy in Keene, we provide transportation to these places in our 11 passenger van. This month we will alternate between Market Basket, Dollar Tree, Market Basket, Walmart..

## **Community Lunch Prep, Community Lunch & Lunch Clean-Up: Tuesdays, 10:30 am-1:00 pm**

Do you enjoy cooking? Come make a meal with us! We bring lunch out to the barn and sit around the table, family style. If you help with prep or clean up the meal is free, otherwise the meal costs \$2. 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: Every other 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 posted in the kitchen or the 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 in the State of NH? You may join us as we teleconference for this statewide meeting that is held in Concord, NH. Please email Tom Grinley at [Thomas.Grinley@dhhs.nh.gov](mailto:Thomas.Grinley@dhhs.nh.gov) for more information.

## **Creative Writing: Thursdays, 3:00-4:30 pm**

Creative Writing is a member run group. 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 to the MPS Butterfly Bulletin if the writer wishes.

## **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 in a safe and confidential environment. We are not a diagnosis, we are human beings. This group is limited to seven people and fills up quickly, so please call ahead to sign up for the group to make sure there is a spot for you.

## **Recovery Group: Thursdays 5—6:30 pm**

The purpose of this group is to talk about our addiction(s) and the emotions behind them, and how we move toward recovery. We focus on solutions, not the problem

## **Women's Group: Mondays, 2:30-3:30 pm**

This is a member run space for women, or anyone who identifies as a woman, to come together and discuss issues pertaining to women in today's society.

## **Feelings of Anger: Mondays 1:00 - 2:30 pm**

The purpose of this group is to provide us with the opportunity to talk honestly and openly about our experiences with anger, rage, frustration, and related topics. It is a place where we can find connection and understanding by talking about our common experiences.

## **Hearing Voices Network: Thursdays, 1:00-2:30 pm**

If you hear voices, see, smell, feel or taste things that others don't, our Hearing Voices Network Group might be helpful to you. This group is connected to Inter-voice, the International Hearing Voices Movement, and is a safe place where people can meet and talk about their experiences without being judged or diagnosed. Please note: you do not have to self-identify as hearing voices to attend this group. *Please go to [www.hearingvoicesusa.org](http://www.hearingvoicesusa.org) for more information.*

## **LGBTQ+ Support Group: first & third Tuesday, 4:00—5:00 pm**

This group is for people who do not identify as being heterosexual. Those attending this group will gain the benefit of giving and receiving support in a stigma-free, peer facilitated group with people who share similar emotional and life challenges.

## **Men's Group: Friday, 10:00—11:00 am**

The Men's Group is a member run group for men to get together to talk about issues pertaining to males in today's society.

## **Movie/Game Group: Mondays, 5:15—6:45 pm**

Come together and watch a movie and/or play board or card games each week. You are welcome to bring your own movies or games to share. We have a collection of about 130 movies to choose from, and about 16 board games. This group is member-run.

## **Music Group: Wednesdays, 3:00-5:00 pm**

Come listen to and play /select a variety of music. This group usually consists of selecting songs from YouTube Music that play over our nice stereo system. Dance along if you wish, or just relax. You are welcome to play our piano 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.*

## **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.

**Trauma Survivors: Thursdays, 3-4:30 pm** Trauma survivors is a place where individuals affected by trauma can talk openly about the effects of trauma without judgement or criticism in a confidential 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. Note: In order to volunteer at Fast Friends you will need to fill out their application and go to their orientation on the third Sunday of the month at 11:00.

## **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.

## **Moving with Intention: Tuesdays, 9:30-10:30 am**

In Intentional Peer Support and the Wellness Recovery Action Plan there is a focus on self awareness, and accountability with ourselves and others. We create space for conversations and the exploration of relationships to happen. In this group, using methods and ideas from IPS, WRAP, Yoga, Tai Qi, and Qi Gong, we will learn to explore our physical and emotional space as one system. The goal is to walk away with a set of versatile wellness tools and a strong connection to our emotional and physical bodies. Group is nondenominational but will be dealing with topics of spirituality. See you there. Namaste. Please bring your own mat and other supplies you might need.

## Support Groups, Wellness Groups and Activity Descriptions cont.

### **Self-Advocacy Group: Fridays, 12:00 pm to 12:45 pm**

Do you find it hard to ask for what you need? This group includes getting support around advocating for yourself, letter writing, and petition-signing.

### **SAD Support Group: Thursdays, 10:00 - 11:00 am**

This group is for people who feel extra sad and/or depressed during the months where the daylight time is short. We will discuss how the short days make us feel, and different ways to cope with these feelings

### **Walking Group: Mondays, 9:30—10:30 AM**

This group is for people who would like a little more physical activity in their week! Come walk with a group and explore our area.

### **Journaling Group: Wednesdays, 2:15—3:00 pm**

Journaling lets you write down, analyze, and self reflect on things in a different way. Using prompts and free writing, we will explore our lives with reflection and intentionality.

## Thank you...

- Corynne for donating grocery bags
- Joe for donating 8 bars of soap, razors, and shower gel
- Tini for bar soap and Thanksgiving plates
- Erika for donating food, tie dye for the Halloween party
- Anonymous for donating games
- Larry for donating pizza and drinks for the Halloween party
- Anonymous for donating books and toiletries

### MPS & MPR Wish List

Cups and mugs  
Gel pens  
Thin coloring markers  
Coffee  
Windows 10 desktop computer—2014 model or later  
Rugs  
Books  
Wireless door bell  
AA and AAA batteries  
Scissors  
Tall floor lamps  
Clock radio or small boom box  
Extension cords  
Power strips

### Marla's Cabinet Wish List

Deodorant (Men's & Women's)  
Body wash  
Shampoo  
Razors  
Shaving Cream  
Tampons

Cover photo: <https://blog.nhstateparks.org/monadnock-weekly-report-03-22-13/>

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 at least 30 minutes before closing or earlier to get on the list!

*Please note: Van is NOT ADA Accessible at this time.*

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 [jnoyes@monadnockpsa.org](mailto:jnoyes@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.



# December

## Monadnock Area Peer Support Agency: Groups, Events and Activities

### MPS HOURS

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>CLOSED for PSA Conference</b></p>	<p><b>3</b> *Decorating Days  <b>Check In: 9:15 am</b>                      Moving w/ Intention                      9:30 am – 10:15 am                      Community Cooking &amp; Lunch                      10:30 am–1:00 pm                      Community Meeting                      1:15 pm - 2:15 pm                      Women's Group                      2:30 pm – 3:30 pm                      LGBTQ+ Support                      4:00 pm–5:00 pm                      Movie Group                      5:15 pm–6:45 pm                      Check Out: 6:45</p>	<p><b>4</b> *Decorating Days  <b>Check In: 11:15 am</b>                      Com. Kitchen/Market Basket/Pharmacy                      12:00 pm -2:00 pm                      Journaling                      2:15 pm–3:00 pm                      Music Group                      3:00 pm- 5:00 pm                      Depression/Bipolar Support                      5:15 pm–6:45 pm                      Check Out: 6:45 pm</p>	<p><b>5</b> *Decorating Days  <b>Check In: 9:15 am</b>                      SAD Support Group                      10:00 am -11:30 am                      Hearing Voices                      Network USA                      1:00 pm–2:30 pm                      Trauma Survivors                      3:00 pm - 4:30 pm                      Recovery Group                      5:00 pm – 6:30 pm                      Check Out: 6:45 pm</p>	<p><b>6</b> *Decorating Days  <b>Check In: 9:15 am</b>                      Men's Group                      10:00 am – 11:00 am                      Self Advocacy Group                      12:00 pm–12:45 pm                      Creative Writing                      1:00 pm–2:30 pm                      Anxiety/Depression Support                      3:00 pm–4:30 pm                      Check Out: 4:45 pm</p>
<p><b>9</b></p> <p><b>Check In: 9:15 am</b>                      Walking Group                      9:30–10:30                      Volunteering at Fast Friends                      10:45 am-12:45 pm                      Feelings of Anger                      1:00 pm – 2:30 pm                      Arts &amp; Crafts for Recovery                      3:00 pm –3:45 pm                      Check Out: 4:45 pm</p>	<p><b>10</b></p> <p><b>Check In: 9:15 am</b>                      Moving w/ Intention                      9:30 am – 10:15 am                      Community Cooking &amp; Lunch                      10:30 am–1:00 pm                      Community Meeting                      1:15 pm - 2:15 pm                      Women's Group                      2:30 pm – 3:30 pm                      Movie Group                      5:15 pm–6:45 pm                      Check Out: 6:45</p>	<p><b>11</b></p> <p><b>Check In: 11:15 am</b>                      Com. Kitchen/Walmart/Pharmacy                      12:00 pm -2:00 pm                      Journaling                      2:15 pm–3:00 pm                      Music Group                      3:00 pm- 5:00 pm                      Depression/Bipolar Support                      5:15 pm–6:45 pm                      Check Out: 6:45 pm</p>	<p><b>12</b></p> <p><b>Check In: 9:15 am</b>                      SAD Support Group                      10:00 am -11:30 am                      Hearing Voices                      Network USA                      1:00 pm–2:30 pm                      Trauma Survivors                      3:00 pm - 4:30 pm                      Recovery Group                      5:00 pm – 6:30 pm                      Check Out: 6:45 pm</p>	<p><b>13</b></p> <p><b>Check In: 9:15 am</b>                      Men's Group                      10:00 am – 11:00 am                      Self Advocacy Group                      12:00 pm–12:45 pm                      Creative Writing                      1:00 pm–2:00 pm                      Anxiety/Depression Support                      3:00 pm–4:30 pm                      Check Out: 4:45 pm</p>
<p><b>16</b></p> <p><b>Check In: 9:15 am</b>                      Walking Group                      9:30–10:30                      Volunteering at Fast Friends                      10:45 am-12:45 pm                      Feelings of Anger                      1:00 pm – 2:30 pm                      Arts &amp; Crafts for Recovery                      3:00 pm –3:45 pm                      Check Out: 4:45 pm</p>	<p><b>17</b></p> <p><b>Check In: 9:15 am</b>                      Moving w/ Intention                      9:30 am – 10:15 am                      **Consumer Council**                      11:00 am–1:00 pm                      Community Cooking &amp; Lunch                      10:30 am–1:00 pm                      Community Meeting                      1:15 pm - 2:15 pm                      Women's Group                      2:30 pm – 3:30 pm                      LGBTQ+ Support                      4:00 pm–5:00 pm                      Movie Group                      5:15 pm–6:45 pm                      Check Out: 6:45</p>	<p><b>18</b></p> <p><b>Check In: 11:15 am</b>                      Com. Kitchen/Market Basket/Pharmacy                      12:00 pm -2:00 pm                      Journaling                      2:15 pm–3:00 pm                      Music Group                      3:00 pm- 5:00 pm                      Depression/Bipolar Support                      5:15 pm–6:45 pm                      Check Out: 6:45 pm</p>	<p><b>19</b></p> <p><b>Check In: 9:15 am</b>                      SAD Support Group                      10:00 am - 11:30 am                      Hearing Voices                      1:00 pm - 2:30 pm                      Trauma Survivors                      3:00 pm–4:30 pm                      Recovery Group                      5:00 pm – 6:30 pm                      Check Out: 6:45 pm                      Board meeting                      6:00 - 7:30 pm</p>	<p><b>20</b></p> <p><b>Check In: 9:15 am</b>                      Men's Group                      10:00 am – 11:00 am                      Self Advocacy Group                      12:00 pm–12:45 pm                      Creative Writing                      1:00 pm–2:30 pm                      Anxiety/Depression Support                      3:00 pm–4:30 pm                      Check Out: 4:45 pm</p>
<p><b>23</b></p> <p><b>Check In: 9:15 am</b>                      Walking Group                      9:30–10:30                      Volunteering at Fast Friends                      10:45 am-12:45 pm                      Feelings of Anger                      1:00 pm – 2:30 pm                      Arts &amp; Crafts for Recovery                      3:00 pm –3:45 pm                      Check Out: 4:45 pm</p>	<p><b>24</b></p> <p><b>Check In: 9:15 am</b>                      Moving w/ Intention                      9:30 am – 10:15 am                      Community Cooking &amp; Lunch                      10:30 am–1:00 pm                      Community Meeting                      1:15 pm - 2:15 pm                      Women's Group                      2:30 pm – 3:30 pm                      Movie Group                      5:15 pm–6:45 pm                      Check Out: 6:45</p>	<p><b>25</b></p> <p><b>CLOSED for Christmas</b></p> <p>Enjoy your holiday!</p>	<p><b>26</b></p> <p><b>Check In: 9:15 am</b>                      SAD Support Group                      10:00 am–11:30 am                      Hearing Voices                      1:00 pm–2:30 pm                      Trauma Survivors                      3:00 pm–4:30 pm                      Recovery Group                      5:00 pm – 6:30 pm                      Check Out: 6:45 pm</p>	<p><b>27</b></p> <p><b>Check In: 9:15 am</b>                      Men's Group                      10:00 am – 11:00 am                      Self Advocacy Group                      12:00 pm–12:45 pm                      Creative Writing                      1:00 pm–2:30 pm                      Survivors of Suicide Attempts                      3:30 pm–4:30 pm                      Check Out: 4:45 pm</p>
<p><b>30</b></p> <p><b>Check In: 9:15 am</b>                      Walking Group                      9:30–10:30                      Volunteering at Fast Friends                      10:45 am-12:45 pm                      Feelings of Anger                      1:00 pm – 2:30 pm                      Arts &amp; Crafts for Recovery                      3:00 pm –3:45 pm                      Check Out: 4:45 pm</p>	<p><b>31</b></p> <p><b>Check In: 9:15 am</b>                      Moving w/ Intention                      9:30 am – 10:15 am                      Community Cooking &amp; Lunch                      10:30 am–1:00 pm                      Community Meeting                      1:15 pm - 2:15 pm                      Women's Group                      2:30 pm – 3:30 pm                      Movie Group                      5:15 pm–6:45 pm                      Check Out: 6:45</p>	<p>Do you want a <b>holiday party?</b> Come to community meeting and <b>advocate!</b></p> <p>Happening <b>daily</b> at check in and check out—<b>Physical Well-Being conversation &amp; news of the day!</b></p>	<p>Speaker to be <b>Determined</b></p>	<p><b>Community Cleaning</b>                      We don't have a house-keeper so the last half hour of each day before Check Out we spend cleaning up the house and barn.</p>

