

Butterfly Bulletin

Vol.21 No.1

January 2021



Monadnock Area Peer Support Agency

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

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

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

Warm Line Hours: 4:00 pm-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

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



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: Jim McLaughlin, Admin. Assistant
jmclaughlin@monadnockpsa.org • www.monadnockpsa.org
(603) 352-5093 (available 9 AM - 4 PM)

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

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!

ANNOUNCEMENTS



- ⇒ **Thank you to everyone who took the 2020 Peer Support Outcomes Survey!** Without you, peer support wouldn't be possible! While we have had to be physically distant this year due to COVID-19, our community has come together and continued our mission of mutual peer support.
- ⇒ Our **new target reopening date** is now January 18th due to the uptick in COVID-19 cases in our area.
- ⇒ **Community Meeting** is going to be held on January 5th at 2:00 PM—3:00 PM! We are going to talk about our new Step Up Step Down Program, the changes coming to our building, how we are handling reopening, and any other agendas from our members.
- ⇒ We are still **looking for new board members!** If you are interested, please contact us via phone at 603-352-5093 or by email at FILL ME OUT PLEASE.
- ⇒ **NH Mental Health Peer Alliance**, formerly Consumer Council, is held the third Tuesday of the month on January 19th at 11:00 AM– 1:00 PM. Contact Greg Burdwood at greg@connectionspeersupport.org.

Online Support Groups and Activity Descriptions

Check-In: Mondays - Fridays @ 9:15 AM
Zoom Phone Number: 1-929-205-6099
Zoom Meeting ID: 603-352-5093

Join us at the beginning of each day for Check-In, a time where we gather and each share how we feel about the upcoming day or anything that happened the night before. It is always acceptable to say pass if you don't have anything you would like to say. Join with us as we create a supportive community!

Check Out: Mondays - Fridays @ 4:00 PM
Zoom Phone Number: 1-929-205-6099
Zoom Meeting ID: 603-352-5093

Join us at the end of each day for Check-Out, a time where we gather and each share how the day went and what our hopes are for the evening or weekend. It is always acceptable to say pass if you don't have anything you would like to say. Join with us as we create a supportive community!

Feelings of Anger:
Mondays @ 1:00 PM - 2:30 PM
Zoom Phone Number: 1-929-205-6099
Zoom Meeting ID: 603-352-5094

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.

LGBTQ+ Support Group:
Tuesdays @ 12:00 PM - 1:00 PM
Zoom Phone Number: 1-929-205-6099
Zoom Meeting ID: 603-352-5094

This group is for people who self identify as being part of the LGBTQ+ community. 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.

Women's Group:
Tuesdays @ 3:00 PM - 4:00 PM
Zoom Phone Number: 1-929-205-6099
Zoom Meeting ID: 603-352-5094

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.

Isolation Support Group:
Wednesdays @ 1:00 PM - 2:30 PM
Zoom Phone Number: 1-929-205-6099
Zoom Meeting ID: 603-352-5094

Isolation Support is a group designed to support each other from home. This space will allow us to come together virtually, and through the phone as we address our concerns around feelings of isolation, that may bring us sadness, fear, etc. This space will be confidential.

Depression/Bipolar Support:
Wednesdays @ 5:00 PM—6:30 PM (on site)/5:30 PM - 7:00 PM (online)
Zoom Phone Number: 1-929-205-6099
Zoom Meeting ID: 603-352-5094

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. For the time being, there is no sign up and spots are not limited.

Hearing Voices Network:
Thursdays @ 12:00 PM - 1:30 PM
Zoom Phone Number: 1-929-205-6099
Zoom Meeting ID: 603-352-5094

If you hear voices, see, smell, feel or taste things that others don't, our Hearing Voices Network-USA group might be helpful to you. This group is connected to the national Hearing Voices Network-USA and Intervoice, 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: at this time, this group is for individuals who self-identify as having experiences of voice hearing, visions, etc. We ask that if you do not have these experiences, please be willing to explain why you want to attend.** Please go to www.hearingvoicesusa.org for more information.

Trauma Survivors:
Thursdays @ 2:00 PM - 3:30 PM
Zoom Phone Number: 1-929-205-6099
Zoom Meeting ID: 603-352-5094

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.

Men's Group:
Fridays @ 10:00 AM - 11:00 AM
Zoom Phone Number: 1-929-205-6099
Zoom Meeting ID: 603-352-5094

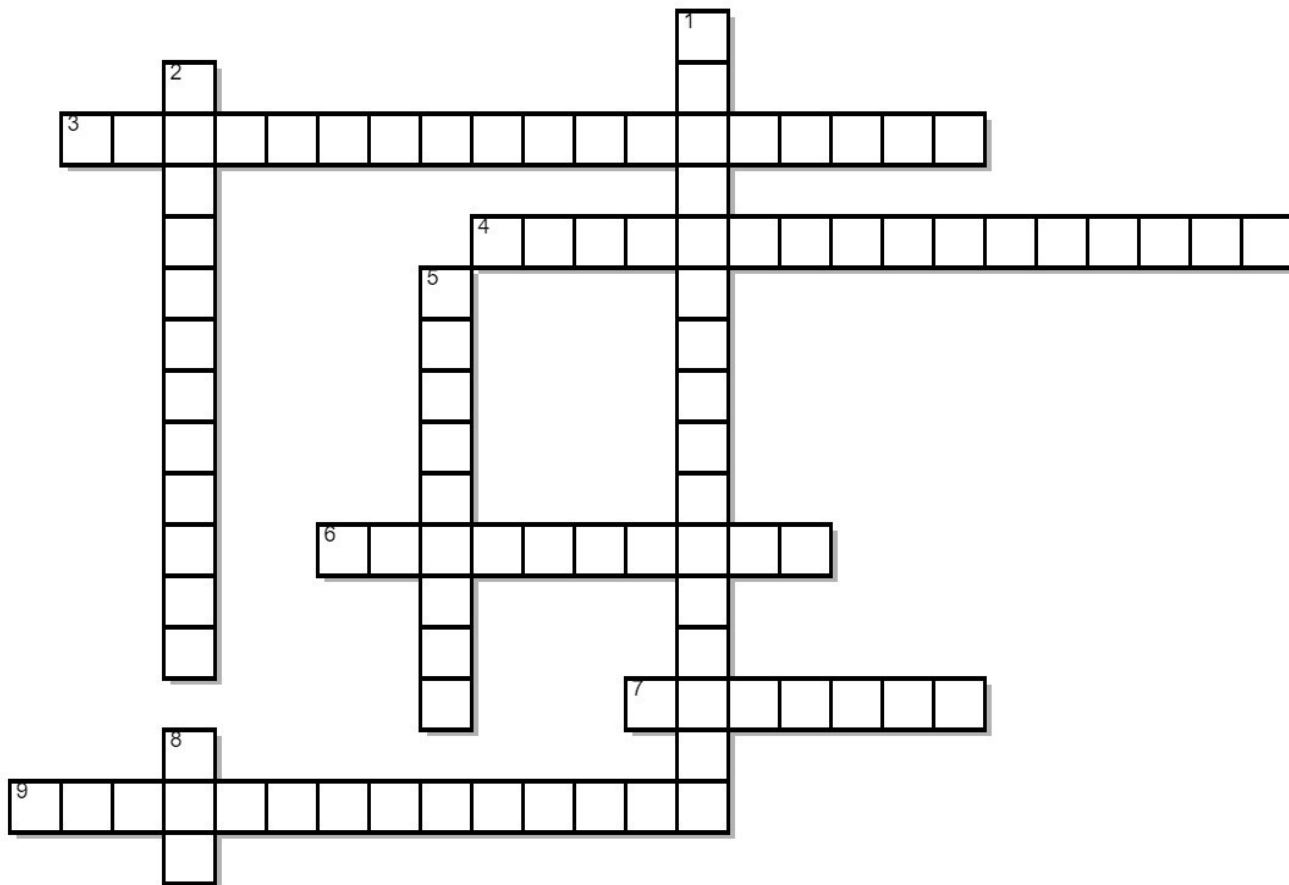
The Men's Group is a member run group for men to get together to talk about issues pertaining to males in today's society.

Anxiety/Depression Support:
Fridays @ 2:00 PM - 3:30 PM
Zoom Phone Number: 1-929-205-6099
Zoom Meeting ID: 603-352-5094

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.

Monadnock Peer Support Puzzle

January 2021



ACROSS

- 3 Our favorite local deli and convenience store
- 4 Our monthly meeting
- 6 The heart of peer support
- 7 The name of our morning meeting
- 9 The name of our new monthly program

DOWN

- 1 Our local food pantry
- 2 Our favorite carved Halloween decoration
- 5 Our local mountain
- 8 The acronym for our kind of peer support



January 2021



Find us on Facebook at Monadnock Peer Support Agency or
Monadnock Peer Support Community Group.



Monday	Tuesday	Wednesday	Thursday	Friday
Check In 9:15 AM—9:45 AM Feelings of Anger 1:00 PM—2:30 PM Check Out 4:00 PM—4:45 PM	Check In 9:15 AM—9:45 AM LGBTQ+ Support 12:00 PM—1:00 PM Women's Group 3:00PM—4:00 PM Check Out 4:00 PM—4:45 PM	Check In 9:15 AM—9:45 AM Isolation Support Group 1:00 PM—2:30 PM Check Out 4:00 PM—4:45 PM Depression/Bipolar Support 5:00PM—6:30 PM	Check In 9:15 AM—9:45 AM Hearing Voices Network-USA 12:00 PM—1:30 PM Trauma Survivors Group 2:00 PM—3:30 PM Check Out 4:00 PM—4:45 PM	Check In 9:15 AM—9:45 AM Men's Group 10:00 AM—11:30 AM Anxiety/Depression Group 2:00 PM—3:30 PM Check Out 4:00 PM—4:45 PM

Dates to Remember

- ♦ Jan 1—New Year's Day (CLOSED)
- ♦ Jan 5—Community Meeting @ 2:00
- ♦ Jan 18—Martin Luther King Jr. Day
- ♦ Jan 20—Inauguration Day

