

# Monadnock Area Peer Support Agency



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

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

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

Monadnock 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

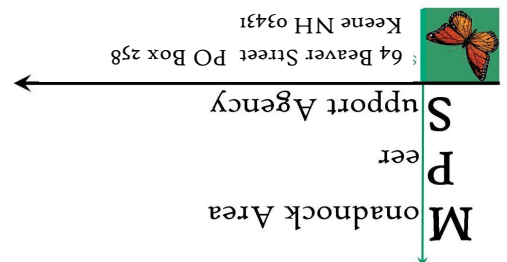
Check [www.monadnockpsa.org](http://www.monadnockpsa.org) for Online Peer Support Groups! We may be closed, but our Community is always open and here for each other <3

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.



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# Butterfly Bulletin

Vol.20 No.6

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

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June 2020

**BLACK  
LIVES  
MATTER**



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Check [www.monadnockpsa.org](http://www.monadnockpsa.org) for Online Peer Support Groups! Our doors may be

temporarily closed due to COVID-19, but our community is always open and here for support.



Contact us on Facebook at Monadnock Peer Support Agency, or on our group at Monadnock Peer Support Community Group, or on Instagram Monadnock\_Peer\_Support





# Toxic Positivity VS Support & Validation

Toxic Positivity   TheMindsJournal	Acceptance, Support & Validation
1. You will get over it soon.	1. You've survived hardships before and I believe in you.
2. Just be positive.	2. I know it's difficult right now and things can easily go wrong. But let's think about what can go right?
3. Positive vibes only.	3. All energy is natural. Learn to accept both bad and good vibes.
4. Stop being negative all the time.	4. It's okay if you are feeling negative right now. It doesn't have to define you.
5. Think happy thoughts.	5. It's alright if you aren't positive and happy right now. Feel your emotions & let it pass naturally. My best wishes are always with you.
6. Never quit. Never give up. Ever!	6. Giving up is alright. In fact, sometimes it's necessary that we give up. Focus on what you want to accomplish.
7. Just stop being sad and be happy instead!	7. I know how terrible it feels right now. But would you like to do something that you might enjoy?
8. Always look for the positive, even in a negative situation.	8. It's okay if everything seems disappointing right now. We can sort things out and find a way to get through this later.
9. Don't talk about what's wrong. Just forget it and stay positive.	9. You can tell me what you're going through. I'm here to listen.
10. Failure is never an option.	10. Success tastes sweeter only after failure. It helps us learn and grow.
11. Everything will get sorted by the end.	11. I know this is hard. I am here with you.
12. I did it. So you can do it too.	12. It's okay if you are struggling. We are all different and deal with problems in our own way.
13. Get rid of negativity.	13. Pain and suffering are a part of life. It makes us stronger and helps us grow.
14. It could be much worse.	14. This is really sad. I can understand what you're feeling right now.

THE MINDS JOURNAL

# Mental Health Awareness Never Ends

The Peer Support community of NH would like to draw attention to the idea that mental health isn't shorthand for a diagnosis and means many things to many people. For many of us, mental health is about how we interact with our communities, our workplaces, our families, and ourselves. Peer Support offers a social justice framework for looking at experiences that often get labeled as a diagnosis; peer support looks at these experiences as a means for opportunity and growth, no diagnosis necessary. Below is a list of all peer support centers in NH along with their warmlines and websites.

<p><b>The Alternative Life Center</b>          6 Main Street          PO Box 241          Conway, NH, 03818-0241          Tel: (603) 447-1765          E-Mail: <a href="mailto:alccenters@gmail.com">alccenters@gmail.com</a>          Warmline: (866) 447-1765 (5 pm to 9 pm, 7 days per week)  <a href="http://www.alccenters.org">www.alccenters.org</a></p>	<p><b>The Haven</b>          27 Lombard Street          Colebrook, NH 03576          Telephone: (603) 237-4353          E-Mail: <a href="mailto:colebrookhaven@gmail.com">colebrookhaven@gmail.com</a>          Warmline: (866) 447-1765 (5 pm to 9 pm, 7 days per week)  <a href="http://www.alccenters.org">www.alccenters.org</a></p>	<p><b>Littleton Peer Support</b>          127 Saranac Street Suite # 100 Littleton, New Hampshire 03561          Telephone: (603) 444-5344          E-Mail: <a href="mailto:littletonpsc@gmail.com">littletonpsc@gmail.com</a>          Warmline: (866) 447-1765 (5 pm to 9 pm, 7 days per week)  <a href="http://www.alccenters.org">www.alccenters.org</a></p>
<p><b>Serenity Steps</b>          567 Main Street          Berlin, NH 03896          Telephone: (603) 752-8111          E-Mail: <a href="mailto:serenitystepspsc@gmail.com">serenitystepspsc@gmail.com</a>          Warmline: (866) 447-1765 (5 pm to 9 pm, 7 days per week)  <a href="http://www.alccenters.org">www.alccenters.org</a></p>	<p><b>Lakes Region Consumer Advisory Board          "CornerBridge"</b>          328 Union Avenue          PO Box 304          Laconia NH 03247-0304          Tel: (603) 528-7742  <a href="http://www.nhcornerbridge.info">www.nhcornerbridge.info</a></p>	<p><b>Stepping Stone</b>          108 Pleasant Street          Claremont, NH 03743          Telephone: (603) 543-1388 or (888) 582-0920          Warmline: (888) 582-0920 (4 pm to 9 pm, 7 days per week)          Warmline/Claremont Area: (603) 543-1388 (same times as above)  <a href="http://www.steppingstonenextstep.org">www.steppingstonenextstep.org</a></p>
<p><b>Next Step</b>          109 Bank Street          Lebanon, NH 03766          Telephone: (603) 448-6941          Warmline: (888) 582-0920 (4 pm to 9 pm, 7 days per week)  <a href="http://www.steppingstonenextstep.org">www.steppingstonenextstep.org</a></p>	<p><b>HEARTS Peer Support Center of Greater Nashua Region 6</b>          5 Pine Street Extension, Suite 1-G          PO Box 1564          Nashua NH 03061-1564          Tel: (603) 882-8400          Warmline: (800) 306-4334 (5 pm to 10 pm, 7 days per week)  <a href="http://www.heartspsa.org">www.heartspsa.org</a></p>	<p><b>Plymouth Area Pemi Valley Outreach</b>          Plymouth, NH 03264          Tel: (603) 412-7050          Warmline: (800) 306-4334 (5 pm to 10 pm, 7 days per week)  <a href="http://www.nhcornerbridge.info">www.nhcornerbridge.info</a></p>
<p><b>Lakes Region Consumer Advisory Board          "Concord Peer Support Site"</b>          55 School Street          Concord NH 03301          Office: (603) 224-0083          Tel: (603) 224-0894 (1st floor)          E-Mail: <a href="mailto:cornerbridge@comcast.net">cornerbridge@comcast.net</a>          Warmline: (800) 306-4334 (5 pm to 10 pm, 7 days per week)  <a href="http://www.nhcornerbridge.info">www.nhcornerbridge.info</a></p>	<p><b>Tri-City Consumers' Action Cooperative</b>          55 Summer Street          Rochester NH 03867-1929          Office: (603) 948-1036          Tel: (603) 948-1043          Warmline: (800) 809-6262 (5 pm to 10 pm, 7 days per week)  <a href="http://www.tricitycoop.org">www.tricitycoop.org</a></p>	<p><b>On The Road To Wellness - MANCHESTER</b>          377 South Willow Street, Suite B2-4          Manchester NH 03103          Tel: (603) 623-4523          E-Mail: <a href="mailto:manchester@otrtw.org">manchester@otrtw.org</a>          Warmline: (800) 306-4334 (5 pm to 10 pm, 7 days per week)  <a href="http://www.otrtw.org">www.otrtw.org</a></p>
<p><b>Connections Peer Support Center</b>          544 Islington Street          Portsmouth NH 03801          Tel: (603) 427-6966          Warmline: (800) 809-6262 (5 pm to 10 pm, 7 days per week)  <a href="http://connectionspeersupport.org">connectionspeersupport.org</a></p>		<p><b>On The Road To Wellness - DERRY</b>          45 S. Main Street          Derry NH 03038          Tel: (603) 552-3177          E-Mail: <a href="mailto:Derry@otrtw.org">Derry@otrtw.org</a>          Warmline: (800) 809-6262 (5 pm to 10 pm, 7 days per week)  <a href="http://www.otrtw.org">www.otrtw.org</a></p>

# 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 @ 3:45 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.

**Women's Group:**  
**Mondays @ 2:30 PM - 3:30 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.

**LGBTQ+ Support Group:**  
**Tuesdays @ 11:30 AM - 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.

**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 @ 5:30 PM - 7:00 PM**  
**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](http://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.





# Zoom Etiquette



Hey y'all, we know transition is tough. That's why we've created some etiquette tips that you might find helpful as you use the Zoom software and website so you can continue to give & receive support from the MPS community.

- ◆ **Mute your own voice/phone and turn off your video in the event that you know you will be making a lot of noise.** The facilitator may need to mute you because of background noise and it is nothing against you. It's only because the background noise takes over. Facilitators will un-mute you as soon as they can and will let you know that they had to mute you.
- ◆ Zoom picks up all background noises including pets so **please turn off TV's, music**, if you are using a keyboard, you can press and hold the spacebar to unmute yourself... etc.
- ◆ **One voice at a time!** It's okay for there to be silence. Multiple voices at a time means that the sound becomes unintelligible for everyone.
- ◆ Confidentiality is very important to our community. We ask that you **be in a private space**. If you can't be by yourself, we ask that you use earbuds/headphones and try to find a private space. Please avoid saying anyone's name or any identifying facts about people in the group. If you are around children, please be aware that what you say could be traumatizing for young ears.
- ◆ When technology breaks up, **feel free to ask people to repeat themselves**. Sometimes it is helpful to raise your hand if you are using video.
- ◆ **Please be on time** as it saves the group from having to repeat important information.
- ◆ Not everyone that uses Zoom does so via the internet. It can be helpful to **let folks who use the phone know who is present**. If there are any visual things that are happening, as well as to read what's been written in the chat box.

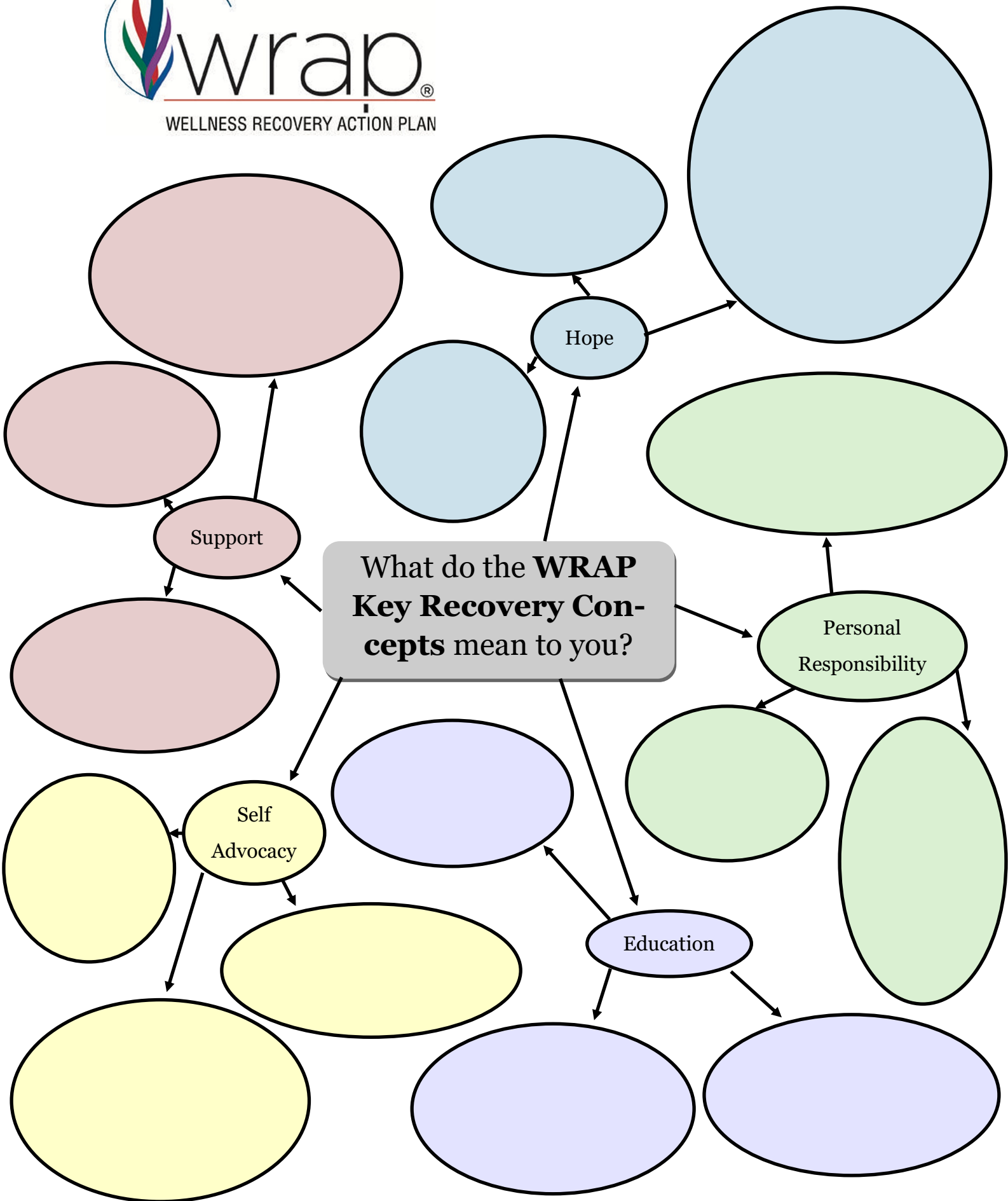
To join a Zoom group, enter the Zoom meeting ID into the "join a meeting" box on either their web browser or the Zoom application.

To call into a Zoom meeting, please dial **1-929-205-6099** and, when prompted, enter in the corresponding meeting ID found on page 7. For any clarification, please call us directly at 603-352-5093/5094, Monday through Friday, 9:00 AM –4:00 PM.

# ANNOUNCEMENTS



- ⇒ **Please fill out our June 2020 Survey, found at the back of this newsletter, and send it back to us via mail or in person when we open!**
- ⇒ **Community Meeting is the second Tuesday of the month and will be held via ZOOM on June 9th at 1:15 (Zoom ID: 603-352-5093)**
- ⇒ **Consumer Council is the second Tuesday of the month. The next meeting will be on the June 9th. Contact Greg Burdwood at [Greg@connectionspeersupport.org](mailto:Greg@connectionspeersupport.org) for call in info**
- ⇒ **Board meetings are held the 3rd Monday of the month and will be held on June 15th at 5:30 PM**
- ⇒ **FEP/ESMI Stakeholder work group meeting is the third Tuesday of every month. The next meeting will be June 16th. Contact Michelle Wagner at [MWagner@NAMINH.org](mailto:MWagner@NAMINH.org) for meeting info**
- ⇒ **First day of Summer is June 20th**
- ⇒ **Father's Day is June 21st**
- ⇒ **The date for reopening is not yet determined as of the release of June 2020 newsletter.**

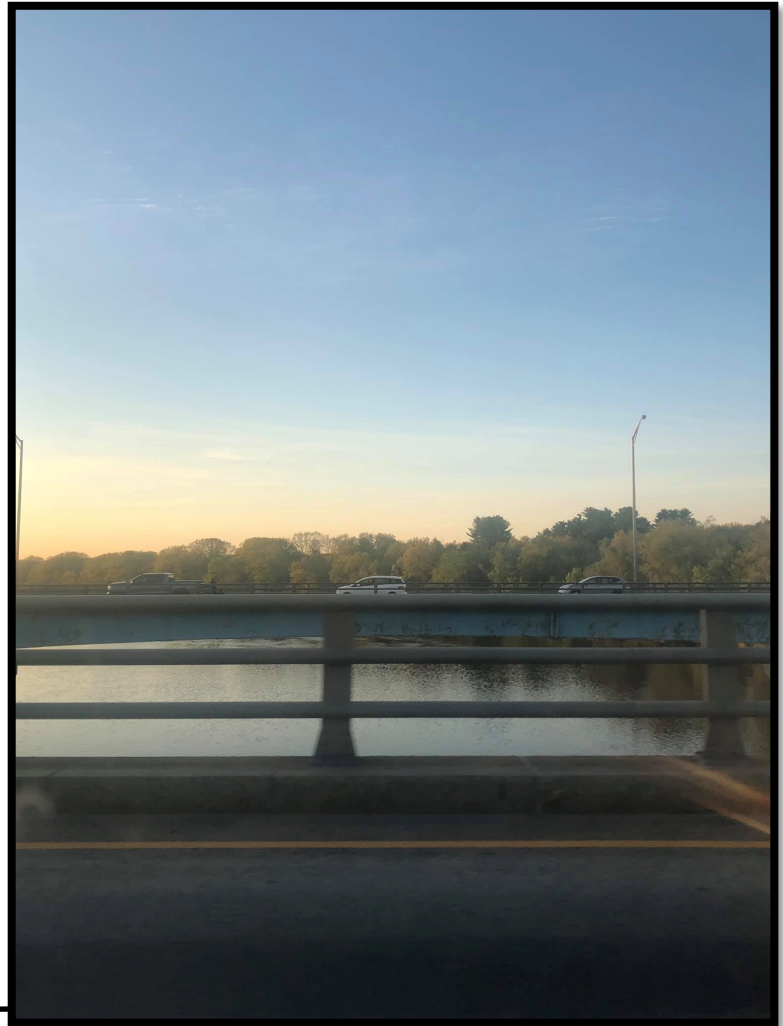




# Creative Contributions



Caitlin Scott (also contributed the front cover photo)



Leslie Roman

Do you want to contribute to our newsletter? Please contact [kcarrien@monadnockpsa.org](mailto:kcarrien@monadnockpsa.org) to send pictures, poems, short stories, or whatever you have created and want to share with our members!



## **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

www.monadnockpsa.org (603) 352-5093 (available 9 AM - 4 PM)  
(802) 387-0269 (all other hours)

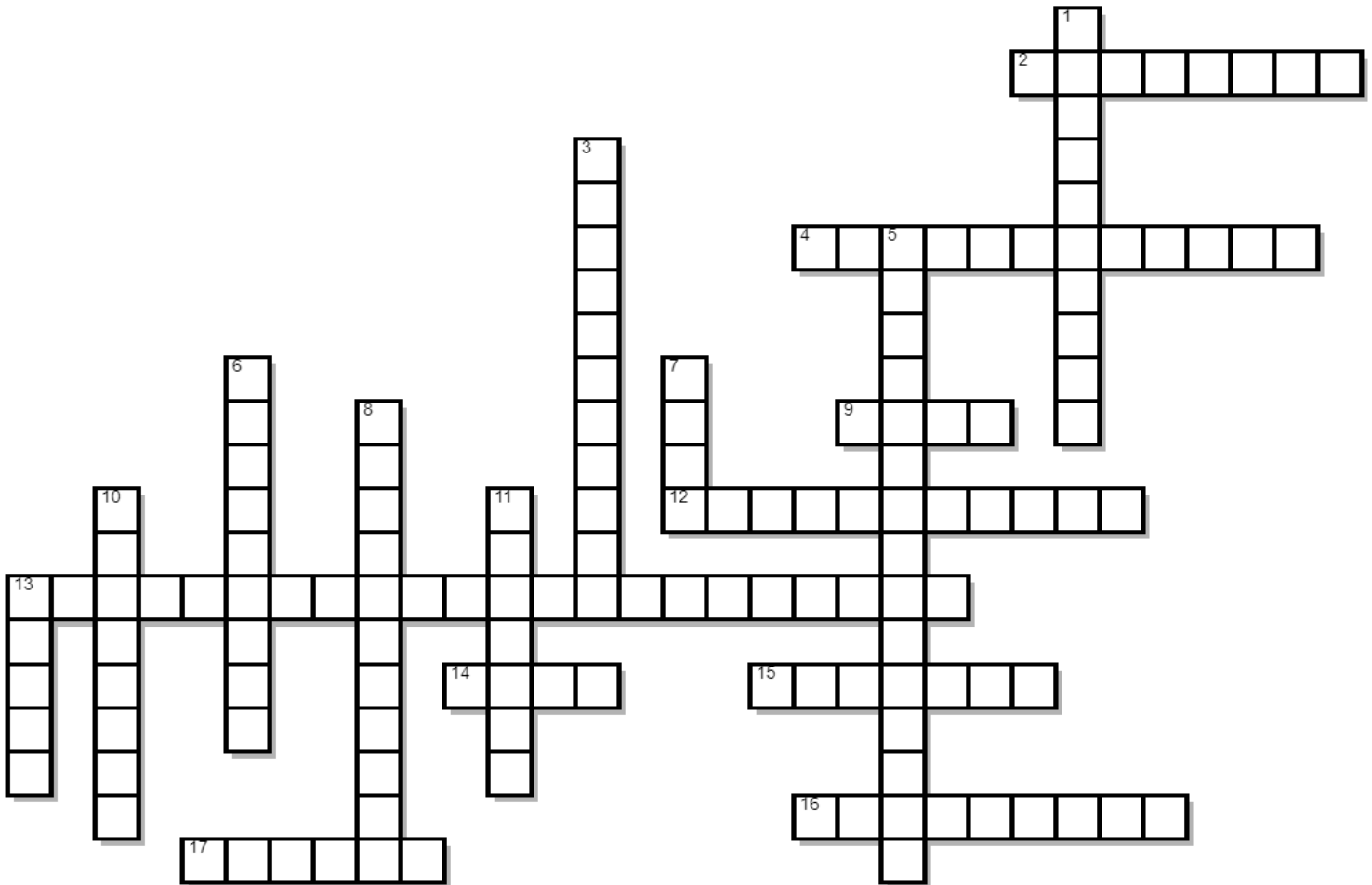
*Transforming 'crisis' into opportunities ; to learn, heal, and grow.*

**WE ARE SAD TO ANNOUNCE THAT MONADNOCK PEER RESPITE IS CURRENTLY UNAVAILABLE TO PROTECT THE HEALTH OF OUR STAFF, MEMBERS AND COMMUNITY DURING THE COVID-19 PANDEMIC. WE WILL BE SHARING PERSPECTIVES AND IDEAS ON THE RELATIONSHIP BETWEEN SELF-QUARANTINE AND RESPITE WITH THE INTENTION OF TURNING PHYSICAL DISTANCING INTO AN OPPORTUNITY FOR GROWTH, HOPE, AND TRANSFORMATION.**

**Thank you for your continued support!!**

# Monadnock Peer Support

June 2020



## ACROSS

- 2 Our respite director
- 4 A reduction of stigma, and one of our values
- 9 The only pets at our center
- 12 the process of becoming stronger and more confident
- 13 A WRAP key concept about doing what is best for yourself
- 14 Our online group program of choice
- 15 Our old mascot with wings
- 16 the sharing of a feeling, action, or relationship between two or more parties
- 17 The street our center is located on

## DOWN

- 1 The heart of Intentional Peer Support
- 3 Discussion aimed at meeting an agreement
- 5 A responsibility of a group or member to keep something private
- 6 The mountain our community is named for
- 7 From fear to \_\_\_\_ and possibility
- 8 An alternative to hospitalization
- 10 Who can you call after our center is closed?
- 11 be actively interested in and concerned for the success of
- 13 Our executive director





# June 2020



Find us on Facebook at Monadnock Peer Support Agency or Monadnock Peer Support Community Group or on Instagram at Monadnock\_PeerSupport. **All of our groups are currently being run exclusively online for the time being (see page 6 for more info).**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Check In</b> 9:15 AM—9:45 AM  <b>Feelings of Anger</b> 1:00 PM—2:30 PM  <b>Women's Group</b> 2:30PM—3:30 PM  <b>Check Out</b> 4:00 PM—4:15 PM	<b>Check In</b> 9:15 AM—9:45 AM  <b>LGBTQ+ Support</b> 11:30 AM—1:00 PM  <b>Check Out</b> 4:00 PM—4:15 PM	<b>Check In</b> 9:15 AM—9:45 AM  <b>Isolation Support Group</b> 1:00 PM—2:30 PM  <b>Check Out</b> 4:00 PM—4:15 PM  <b>Depression/Bipolar Support</b> 5:30PM—7:00 PM	<b>Check In</b> 9:15 AM—9:45 AM  <b>Hearing Voices Network-USA</b> 12:00 PM—1:30 PM  <b>Trauma Survivors Group</b> 2:00 PM—3:30 PM  <b>Check Out</b> 4:00 PM—4:15 PM	<b>Check In</b> 9:15 AM—9:45 AM  <b>Men's Group</b> 10:00 AM—11:30 AM  <b>Anxiety/Depression Group</b> 2:00 PM—3:30 PM  <b>Check Out</b> 4:00 PM—4:15 PM

## Dates to Remember

- ♦ June 9—Community Meeting @ 1:15 PM
- ♦ June 9—Consumer Council Meeting
- ♦ June 15—Board Meeting (tentative date)
- ♦ June 20—First day of Summer
- ♦ June 21—Father's Day
- ♦ Date for Reopening—TBD



# MPS Online/Phone Survey Spring 2020

Due to the global pandemic, our MPS community had to go virtual in March. We are asking for feedback on how it has been going so far with our on-site center closed. Please fill out this form and return to our center by mail only. Please let us know if this is an issue for you by calling our center at (603) 352-5093/5094. Thank you for your feedback.

How long have you been a part of the MPS community?

- ☐ 0-2 years
- ☐ 3-5 years
- ☐ 6-10 years
- ☐ 11-15 years
- ☐ 16+ years

Are you a member of Monadnock Area Peer Support?

- ☐ Yes
- ☐ No
- ☐ Other: \_\_\_\_\_

Has it been helpful to access MPS via online Zoom groups?

- ☐ Yes
- ☐ No
- ☐ Other: \_\_\_\_\_

How many MPS groups (including Check In and Check Out) on average per week do you attend via Zoom?

- ☐ 0 per week
- ☐ 1 - 2 per week
- ☐ 3 - 5 per week
- ☐ 6 - 10 per week
- ☐ 11 - 15 per week
- ☐ 16 - 19 per week

What has worked well for online peer support via Zoom? Please check all that apply.

- ☐ Convenient
- ☐ Helps me do physical distancing
- ☐ Communication/connection with my community
- ☐ Helps me deal with social isolation
- ☐ Easier to talk with others via Zoom
- ☐ Other: \_\_\_\_\_

What areas for growth do you see for online support via Zoom? If you don't have an answer, please write "not applicable (N/A)."

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Do you have any suggestions for future groups at MPS? If you do not have any suggestions, please write "not applicable (N/A)."

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Has it been helpful to access MPS through the phone? \*

- ☐ Yes
- ☐ No
- ☐ Other: \_\_\_\_\_

What has worked well for phone support?  
Please check all that apply. \*

- ☐ Convenient
- ☐ I don't have to leave where I live
- ☐ Communication/connection with others
- ☐ Helps me deal with social isolation
- ☐ Easier to talk with others via phone
- ☐ Other: \_\_\_\_\_



What has worked well for phone support? Please check all that apply. \*

- ☐ Convenient
- ☐ I don't have to leave where I live
- ☐ Communication/connection with others
- ☐ Helps me deal with social isolation
- ☐ Easier to talk with others via phone
- ☐ Other: \_\_\_\_\_

What areas for growth do you see for phone support? If you don't have an answer, please write "not applicable (N/A)."

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Has it been helpful to have support via the MPS Community Facebook Group? \*

- ☐ Yes
- ☐ No
- ☐ Other: \_\_\_\_\_

If you are a member of the MPS Community Facebook Group, what has worked well? Please check all that apply. \*

- ☐ I like being able to participate in Check In/Check Out virtually
- ☐ Interesting content
- ☐ Easy to communicate/connect with others
- ☐ Helps me deal with social isolation
- ☐ Easier to talk with others via Facebook
- ☐ I am not a member of the MPS Community Facebook Group
- ☐ Other: \_\_\_\_\_

What areas for growth do you see for the MPS Community Facebook Group? If you don't have an answer, please write "not applicable (N/A)."

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I interact with my MPS community via the following formats (please check all that apply): \*

- ☐ Zoom
- ☐ Phone
- ☐ MPS Community Facebook Group
- ☐ Texting
- ☐ Messenger
- ☐ Other: \_\_\_\_\_

Is there anything else that you would like to share?