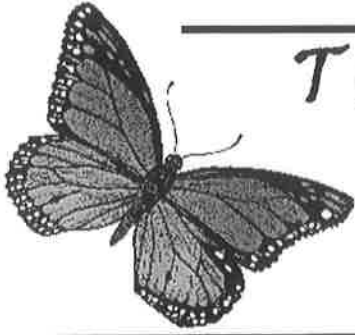


FREE! PLEASE TAKE ONE!



The Butterfly Bulletin

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

Recovery — Wellness — Empowerment

The Butterfly Bulletin is funded by the NH Bureau of Mental Health Services

October 2017 Vol. 17 No. 10



DO YOU (OR SOMEONE YOU KNOW) EXPERIENCE MENTAL HEALTH ISSUES? YOU ARE NOT ALONE. **MONADNOCK AREA PEER SUPPORT AGENCY** IS A SAFE PLACE FOR FREE, MUTUAL PEER SUPPORT.



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 (603) 354-3408 or Toll Free (866)-352-5093/FAX: (603) 355-8211

Warm Line Hours: 5:00 pm-10:00 pm, 7 Nights a Week, 365 Days a Year

Warm Line Numbers: (603) 352-5093 or try our Toll Free Number (866) 352-5093

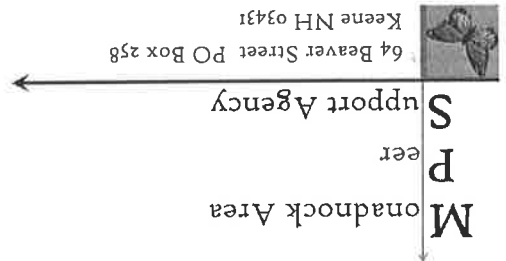
www.monadnockpsa.org

Monadnock Area Peer Support Agency is a Monadnock United Way Agency



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Keene, NH 03431

Address Service Requested





MPS WISH LIST

- *Items for Marla's Cabinet (please see right)
- *Thin markers for adult coloring
- *Mini fridge
- *Radio/CD player
- *2 Industrial vacuum cleaners
- *Adult scissors for art projects
- *1 rocking chair
- *Travel mugs with lids (non-glass)

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? Consider buying an extra pack to donate to

Marla's Cabinet!

- Items Needed:
- *Toilet Paper—individually wrapped rolls please
 - *Shampoo/Conditioner (women's)
 - *Toothpaste
 - *Men's shaving gel
 - *Brushes
 - *Razors (men's/women's)
 - *Tampons (no regular size)
 - *Deodorant (Men's & Women's)
- Please note: Marla's Cabinet is for members who actively participate at MPS.*

MONADNOCK PEER RESPITE WISH LIST

- *Throw pillows
- *Area rugs
- *DVDs (mental health, inspirational)
- *Books (mental health, healing etc.)
- *Bath towels, wash cloths and hand towels
- *New in package twin bed sets and blankets
- *New in package queen bed sets and blankets
- *2 Tall Laundry Baskets with Bags
- *2 Small desks with chairs
- *Extension cords
- *3 light blocking curtains of the same color
- *Queen Size bed spread sets
- *Twin size bed spread sets
 - *With matching curtains if possible
- *Dish rack and drainer



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.

You're Invited

Monadnock Peer Support Annual Meeting!

Date: Thursday October 19th, 3:00-5:00 pm

Where: Keene Rec Center, 312 Washington St, Keene, NH 03431

Speakers to include MPS Board of Directors, Mayor Kendall Lane
and MPS/Antioch Intern Suzanne Webber

If you're an MPS Member, now's the time to vote for the Board of Directors. Make your voice heard and come learn about what's been happening at our AMAZING Peer Support Agency—the only one in the Monadnock Region!



Please RSVP by Thursday, October 12

Monadnock Area
Peer
Support Agency



SUPPORTING EACH OTHER • MOVING TOWARD WELLNESS



Jim N. at the Grill



Jessie & Jude



MPS Board Chair & Staff



Patty & Theresa doing food prep

Annual Recovery Day Photos!



Theresa, Lynn & Tini



Erin & Felicia

Every year, MPS Members, Staff and Board Members gather to celebrate the wellness in our community at Surry Mountain Dam with a BBQ, Frisbee, swimming and sharing our stories of recovery. Most importantly, we have FUN!



Felicia & Jessie



Jessie & Felicia



Tini, Felicia & Jessie



Lynn & Tini



Frisbee with Jim N & Jessie!



Nick & Sarah

Flu Vaccine Clinic

Monadnock Area Peer
Support
Tuesday, October 10
3:00 – 4:00
64 Beaver Street
Keene

To receive the vaccine you need to:

- Be 18 years or older
- Remember to wear loose sleeves

Please bring insurance card

- ▶ Anthem BCBS
- ▶ Harvard Pilgrim
- ▶ MVP Healthcare
- ▶ Medicare
- ▶ Cash or Check



The Flu Vaccine Clinic is one of the Wellness Program
Offered by:



352-2263 or 1-800-541-4145 www.HHCservices.org

A United Way Agency

Thank You!!!

***Lynn, Nina, Joe, Jodie, Tini, Jim N., Kenny, Corynne, Doug for Newsletter help

***Anonymous for donating to Marla's Closet

***Anonymous for donating food: veggie platter, sandwiches, etc.

***Jodie for donating to Marla's Cabinet and for bringing cucumbers and tomatoes weekly

***Melissa for donating adult coloring books, sanitary napkins, soap, lip-balm, skin lotion, toothbrushes, aromatherapy bath, various fabric softener/laundry detergent, toothpicks, colored pencils, etc.

***Shannon for donating a floor lamp

***Thank you to Monthly Speaker Leaf Seligman for presenting on storytelling

***Anonymous for the sunflower

***Anonymous for the emoji throw pillow

******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!***

Special invitation from Patty Mackey, Board Chair! The Board needs members to serve! There are potential openings, and even if you can't join, you can definitely help out with a committee. Please email Patty at pmackey@cheshire-med.com.

Intentional Peer Support Quote of the Month

"Intentional peer support (IPS) is a way of thinking about and being in purposeful relationships. In IPS, we use the relationship to look at things from new angles, develop a better awareness of personal and relational patterns, and to support and challenge each other in trying new things."



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

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 and 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, 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

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 Mark Frank at Maxfra@aol.com

LOCAL OCTOBER HIGHLIGHTS IN THE MONADNOCK REGION

Annual Candlelight Open House on Main Street— Friday, Oct. 6th, from 7:00-8:30 pm. Two of Keene's historic Main Street homes, the Wyman Tavern and Horatio Colony House Museum, will hold candlelight open houses. This great family event offers an opportunity to view the warmth and charm of these two Keene landmarks as they were before electricity – lit only with candles. These collaborative candlelight open houses are FREE and open to the public. Separated by about two blocks, both museums are within walking distance of each other. For further information about the Wyman Tavern, contact the Historical Society at 352-1895 or view its website at <http://www.hsccnh.org>. For information about the Horatio Colony House Museum call at 352-0460 or visit its website at www.horatiocolonymuseum.org. Held at Historical Society of Cheshire County, Horatio Colony House Museum Main St Keene, NH 03431.

Student Recital: Amy Buonpane, Flute & Matthew McGinnis, Tenor— Sunday, October 22nd, 3:00 pm–5:00 pm. FREE Admission! Please join us for an exciting performance. Refer to this listing: http://monadnockcalendar.com/event/student-recital-amy-buonpane-flute-matthew-mcginnis-tenor/?instance_id=8970418 for updated information in the future as we approach the event date. Held at Alumni Recital Hall at Keene State College 229 Main Street Keene, New Hampshire 03435.

2017 Monadnock Pumpkin Festival— Saturday, October 21st at 12:00-8:00 pm. Held at 247 Monadnock Hwy, Swanzey, NH 03446 USA. Cost is \$5. The Monadnock Pumpkin Festival is built on the traditions of the pumpkin festival held in Keene, NH, for many years and offers many of the traditional events with new ones added: display of carved and lit pumpkins, the Fright Fest, and a Children's Activity Tents, just to name a few. Fireworks by Atlas Fireworks. Contests and Fright Fest included in entry fee. This is a family-friendly event!

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 Center 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 19 Federal Street Keene, NH 03431 (603) 355-2244 : 44 Concord St 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 instead of Monadnock Adult Care 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 35-37 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 11 Key Road, Keene NH 03431 (603) 357-3510; (800) 624-9700; TDD Access Relay (800) 735-2964; Fax (800) 735-2964

Division of Elderly and Adult Services 603-357-3510 press 6 when prompted <http://www.dhhs.nh.gov/dcbcs/beas/>

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

available. Please call Toll Free: 1-800-541-4145

<http://www.hesservices.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 info@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 <http://www.nh.gov/servicelink/locations/cheshire.html>

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 <http://www.keenerotary.org/family-resource-guide>

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>

Peer Respite:

Monadnock Peer Respite 64 Beaver Street Keene NH Contact: Jim McLaughlin, Respite Coordinator, jmclaughlin@monadnockpsa.org (603) 354-3408 <http://www.monadnockpsa.org/content/monadnock-peer-respite>

Stepping Stone Crisis Respite Program (603) 543-1388 Mark Nichols, Program Director <http://www.stepsingstone.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](mailto:kenl@hesservices.org)

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

Substance Mis-Use:

Alcoholics Anonymous Mailing Address: A.A. World Services, Inc., P.O. Box 459, New York, NY 10163 (212) 870-3400 www.aa.org

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

www.nhaa.net (603) 622-6967

Cheshire County Addiction Assistance Recovery Initiative (ChAARI) Helpline A single point of contact for individuals who want to begin treatment to recover from their addiction, monitored 24 hours a day, 7 days a week. Call 1 (844) 604-7878

<http://www.scshehelps.org/sud.htm#ChARRI>
Coordinated Access Point Program (CAPP) Working with individuals and families in crisis due to addiction, 24 hours a day, 7 days a week by calling 1 (844) 604-7878 <http://www.scshehelps.org/sud.htm#CAPP>

Keene Metro Treatment Center 1076 West Swanzey Road, Swanzey, 03446 Phone: (603) 358-0050 Toll Free 1-877-284-7074 (medication & admission hours) <http://methadonetreatment.com/ClinicLocations.aspx?stateID=9&locationID=37>

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

Monadnock Voices for Prevention 580 Court Street Keene NH 03431 nneilson@cheshire-med.com (603) 354-5454 Ext. 2118 www.monadnockvoices.org/index.html

Narcotics Anonymous World Services <http://www.na.org/>

The Serenity Center 36 Carpenter St, Keene NH (603) 283-5015 Kristen Vance, Executive Director kristen.vance@keeneserenitycenter.org <http://www.keeneserenitycenter.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

Emma's Circle a support group for caregivers of children affected by parents who are addicted, in early recovery or have been lost to addiction. Keene Serenity Center 36 Carpenter Street 6:15-7:30 pm, beginning Tuesday May 1st and every other Tuesday following

NAMI Family Members Support Group St. James Episcopal Church, 44 West St, Keene Contact: Sharon Stout 357-5615,

spruce@designandformat.com; 3rd Tuesday of each month 6:30-8:30pm

Nar-Anon—Thursdays, St James Church Keene NH 6:30-8:00 pm Contact: (603) 352-1019

Talk Lines:

National Suicide Prevention Lifeline

1-800-273-TALK (8255) <http://www.suicidepreventionlifeline.org/>

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
Warm Line 5:00-10:00 pm, 7 nights a week, 365 days a year (603) 352-5093, Toll Free (866) 352-5093
The Samaritans, Inc. 24 Hour Hotline (603) 357-5505 <http://www.samaritansnh.org/>

Support Groups, Wellness Groups and Activity Descriptions

Arts and Crafts for Recovery (Fridays, please check page 12 for times)—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!

Community Garden (Tuesdays, 9:45-11:15 am) —Are you interested in gardening? Do you have a green thumb? Come be part of the team that plans and delegates responsibilities for tending our Keene Community Garden Connections Raised Beds. All are welcome—even if you don’t have a green thumb!

Community Kitchen/Grocery/Pharmacy Run (Wednesdays, 1:30-4:30 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-12:45 pm)—Lots of people have been telling us that they miss this group. **Please sign up by the Friday before if you want this group back!** *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 Friday—we need 3 or more people to make lunch. Time subject to change.*

Community Meeting (Tuesdays, 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.

*****NEW TIME, SAME DAY*** 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. **Please sign up 1 to 2 days in advance for this group.**

HEARING VOICES NETWORK (USA) GROUP (Thursdays, 1:15-2:30 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, stigma or 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, 11:00 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.

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.

Owning Our Stories with Leaf (Thursdays—3:00-4:15 pm)—What does it mean to tell others your own story? Because someone might tell your story, but how do you make it your own? This group will focus on finding empowerment in our personal lived experience and telling our stories. An effective, well-told personal story is a powerful way advocate. We hope you’ll join us!



Support Groups, Wellness Groups and Activity Descriptions (continued)

Owning Our Stories with Leaf (Thursdays—3:00-4:15 pm)—What does it mean to tell others your own story? Because someone might tell your story, but how do you make it your own? This group will focus on finding empowerment in our personal lived experience and telling our stories. An effective, well-told personal story is a powerful way advocate. We hope you'll join us!

Print Week (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 (Fridays—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.

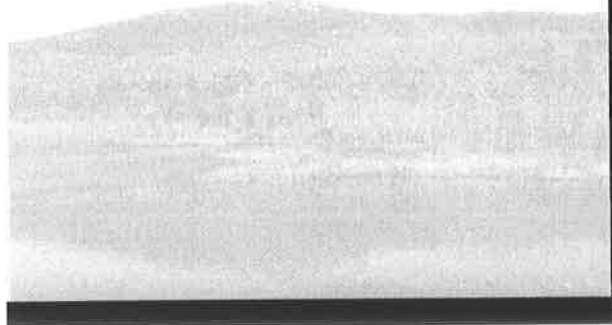
The Recovery Group (Mondays, 3:15-4:15 pm)—*On hiatus.*

Trauma Survivors (Thursdays, 11:30 am-12:30 pm)—A support group for those directly or indirectly affected by trauma featuring a varied format with articles, activities and discussions. This group was created by a Member and has the option to run until 1:00 pm.

Volunteering at the Monadnock Humane Society (Mondays, 10:00 am-12:00 pm)—Come lend a hand to the staff of the Monadnock Humane Society—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 a week waiting period prior to volunteering, per MHS approval.*

Warm Line (Seven Nights a Week, 365 Nights a Year, 5:00-10:00 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



Contact: Jim McLaughlin, Respite Coordinator
(603) 352-5093 jmclaughlin@monadnockpsa.org
www.monadnockpsa.org (603) 354-3408

*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!

**Monadnock Area Peer Support Agency:
October 2017 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
<p>2</p> <p>Volunteering at Monadnock Humane Society 10:00 am-12:00 pm</p>	<p>3</p> <p>Fridge Cleaning Community Garden 9:45-11:15 am</p> <p>Community Lunch Prep, Community Lunch & Clean Up <i>Sign up by the Friday before!</i></p> <p>Community Meeting 1:15-2:15 pm</p>	<p>4</p> <p>Com. Kitchen/ Grocery/Pharmacy 1:30-4:30 pm</p> <p>Music 3:00-5:00 pm</p> <p>Cleaning Routine 5:00 pm</p> <p>Depression/Bipolar Support 5:15-6:45 pm</p>	<p>5</p> <p>Trauma Survivors 11:30 am-12:30 pm</p> <p>Hearing Voices Network USA 1:15-2:30 pm</p> <p>Owning Our Stories w/ Leaf 3:00-4:15 pm</p>	<p>6</p> <p>Arts & Crafts for Recovery 1:00-2:45 pm</p> <p>Survivors of Suicide Attempts 3:30 pm-4:30 pm</p>	<p>7</p> <p>LGBTQ Support 11:00 am-12:30 pm</p>
<p>9</p> <p>Volunteering at Monadnock Humane Society 10:00 am-12:00 pm</p>	<p>10</p> <p>Fridge Cleaning Community Garden 9:45-11:15 am</p> <p>Community Lunch Prep, Community Lunch & Clean Up <i>Sign up by the Friday before!</i></p> <p>Community Meeting 1:15-2:15 pm</p> <p>Flu Vaccine Clinic 3:00pm-4:00pm <i>Please see page 5</i></p>	<p>11</p> <p>Com. Kitchen/ Grocery/Pharmacy 1:30-4:30 pm</p> <p>Music 3:00-5:00 pm</p> <p>Cleaning Routine 5:00 pm</p> <p>Depression/Bipolar Support 5:15-6:45 pm</p>	<p>12</p> <p>Trauma Survivors 11:30 am-12:30 pm</p> <p>Hearing Voices Network USA 1:15-2:30 pm</p> <p>Owning Our Stories w/ Leaf 3:00-4:15 pm</p>	<p>13</p> <p>Arts & Crafts for Recovery w/Laura "Art Illusions" 1:00-2:45 pm</p> <p>Survivors of Suicide Attempts 3:30 pm-4:30 pm</p>	<p>14</p> <p>LGBTQ Support 11:00 am-12:30 pm</p>
<p>16</p> <p>Volunteering at Monadnock Humane Society 10:00 am-12:00 pm</p>	<p>17</p> <p>Fridge Cleaning Community Garden 9:45-11:15 am</p> <p>Consumer Council 10:00 am-1:00 pm <i>Please join us as we tele-conference</i></p> <p>Community Lunch Prep, Community Lunch & Clean Up <i>Sign up by the Friday before!</i></p> <p>Community Meeting 1:15-2:15 pm</p>	<p>18</p> <p>Com. Kitchen/ Grocery/Pharmacy 1:30-4:30 pm</p> <p>Music 3:00-5:00 pm</p> <p>Cleaning Routine 5:00 pm</p> <p>Depression/Bipolar Support 5:15-6:45 pm</p>	<p>19</p> <p>MPS ANNUAL MEETING</p> <p>Join us at the Keene Rec Center on Washington St! 3:00-5:00 pm</p> <p>Members Vote for the Board of Directors, Prizes, Awards and Food!</p> <p><i>Please RSVP By October 12.</i></p>	<p>20</p> <p>Arts & Crafts for Recovery w/Sally Make Your Own Fidget Box 11:00 am-12:00 pm</p> <p>Survivors of Suicide Attempts 3:30 pm-4:30 pm</p>	<p>21</p> <p>LGBTQ Support 11:00 am-12:30 pm</p>
<p>23</p> <p>Print Week</p> <p>Volunteering at Monadnock Humane Society 10:00 am-12:00 pm</p>	<p>24</p> <p>Fridge Cleaning</p> <p>Community Lunch Prep, Community Lunch & Clean Up <i>Sign up by the Friday before!</i></p> <p>Community Meeting 1:15-2:15 pm</p> <p>Halloween Bash Prep Meeting 2:45-3:30 pm</p>	<p>25</p> <p>Com. Kitchen/ Grocery/Pharmacy 1:30-4:30 pm</p> <p>Music 3:00-5:00 pm</p> <p>Cleaning Routine 5:00 pm</p> <p>Depression/Bipolar Support 5:15-6:45 pm</p>	<p>26</p> <p>Trauma Survivors 11:30 am-12:30 pm</p> <p>Hearing Voices Network USA 1:15-2:30 pm</p> <p>Owning Our Stories w/ Leaf 3:00-4:15 pm</p>	<p>27</p> <p>Arts & Crafts for Recovery w/ Laura "Halloween Portraits" 1:00-2:45 pm</p> <p>Survivors of Suicide Attempts 3:30 pm-4:30 pm</p>	<p>28</p> <p>LGBTQ Support 11:00 am-12:30 pm</p>
<p>30</p> <p>Volunteering at Monadnock Humane Society 10:00 am-12:00 pm</p>	<p>31</p> <p>Fridge Cleaning Community Lunch Prep, Community Lunch & Clean Up <i>Sign up by the Friday before!</i></p> <p>ANNUAL HALLOWEEN BASH! 2:15-4:30 pm Dress up (or not), sign up to bring a snack & join us for Karaoke, games & costume awards!</p>			<p>The Fundraising Committee would like to extend an invitation to come meet with us the 3rd Thursday of the month in November from 5:30-6:00 pm (right before the Board Meeting). We are looking for new members.</p>	