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Sorry we're
CLOSED

HAPPY LABOR DAY

3

Check-in
9:15am to 9:45am
Trip to Hampton Beach
10am-6pm

Check-out
4:15pm to 4:45pm

4

Check-in
9:15am to 9:45am
Healthy Eating
10am to 12pm

Fit&Active
1:00pm to 1:45pm
Addiction and Recovery
3pm to 4pm

Check-out
4:15pm to 4:45pm
Bipolar/Depression
5:00pm 6:15pm

AA Meeting
7pm

5

Check-in
9:15am to 9:45am
Life Skills
10am to 11am

Munchies and Movies
11am to 1pm

LGBTQ+ support
12pm - 1pm
Journaling Group
2pm to 3pm
Isolation Support
3pm to 4pm

Check-out
4:15pm to 4:45pm
Autism Group
6:30pm to 8pm

6

Check-in
9:15am to 9:45am
Anxiety and Depression
10:00am to 11:00am

Lunch on the House
11am to 1pm

Building Boundaries
11:30am - 12:30pm

Fiber Arts
1pm-2pm

Trip to the YMCA
1:30 pm to 3:30pm

Check-out
4:15pm to 4:45pm

Domestic Violence Survivors workshop group
5:15pm to 6:15pm

9

Check-in
9:15am to 9:45am
Sewing group
10am - 12pm

Fit&Active
11am to 11:45am
Coffee Hour
11:30pm to 12:30pm
IPS Skills
12pm to 1pm
Gaming
1pm to 2:30pm

Feelings of Anger
3pm to 4pm
Check-out
4:15pm to 4:45pm

10

Check-in
9:15am to 9:45am
Trauma Survivors
10am to 11am

Community Meeting
12pm to 1pm

Women's Group
2pm to 3pm

Tea Time
3pm to 4pm

Check-out
4:15pm to 4:45pm

Men's Group
5:15pm to 6:15pm

11

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9:15am to 9:45am
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10am to 12pm

Fit&Active
1:00pm to 1:45pm
Addiction and Recovery
3pm to 4pm

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4:15pm to 4:45pm
Bipolar/Depression
5:00pm 6:15pm

AA Meeting
7pm

12

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9:15am to 9:45am
Life Skills
10am to 11am

Munchies and Movies
11am to 1pm

LGBTQ+ support
12pm - 1pm
Journaling Group
2pm to 3pm
Isolation Support
3pm to 4pm

Check-out
4:15pm to 4:45pm
Autism Group
6:30pm to 8pm

13

Check-in
9:15am to 9:45am
Anxiety and Depression
10:00am to 11:00am

Lunch on the House
11am to 1pm
ICE Cream Sundae Bar
11am to 1pm
Tie-Dye Friday
11:30am - 12:30pm

Building Boundaries
11:30am - 12:30pm

Fiber Arts
1pm-2pm

Domestic Violence Survivors
5:15pm to 6:15pm

Check-out
4:15pm to 4:45pm

16

Check-in
9:15am to 9:45am
Sewing group
10am - 12pm

Fit&Active
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3pm to 4pm
Check-out
4:15pm to 4:45pm

17

Check-in
9:15am to 9:45am
Trauma Survivors
10am to 11am

Trip to twinkle Town
1pm to 3pm

Check-out
4:15pm to 4:45pm

Men's Group
5:15pm to 6:15pm

18

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4:15pm to 4:45pm
Bipolar/Depression
5:00pm to 6:15pm

AA Meeting
7pm

19

Check-in
9:15am to 9:45am
Recovery Day Celebration at Wheelock Park
10am-5pm

Autism Group
6:30pm to 8pm

20

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9:15am to 9:45am
Anxiety and Depression
10:00am to 11:00am

Lunch on the House
11am to 1pm

Building Boundaries
11:30am - 12:30pm

Fiber Arts
1pm-2pm

Jammin in the gym
2pm to 2:45pm

Domestic Violence Survivors workshop group
5:15pm to 6:15pm

Check-out
4:15pm to 4:45pm

23

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3pm to 4pm
Check-out
4:15pm to 4:45pm

24

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10am to 11am

Community Meeting
12pm to 1pm

Tea Time
3pm to 4pm

Check-out
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Men's Group
5:15pm to 6:15pm

25

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1pm-2pm

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1:30 pm to 3:30pm

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5:15pm to 6:15pm

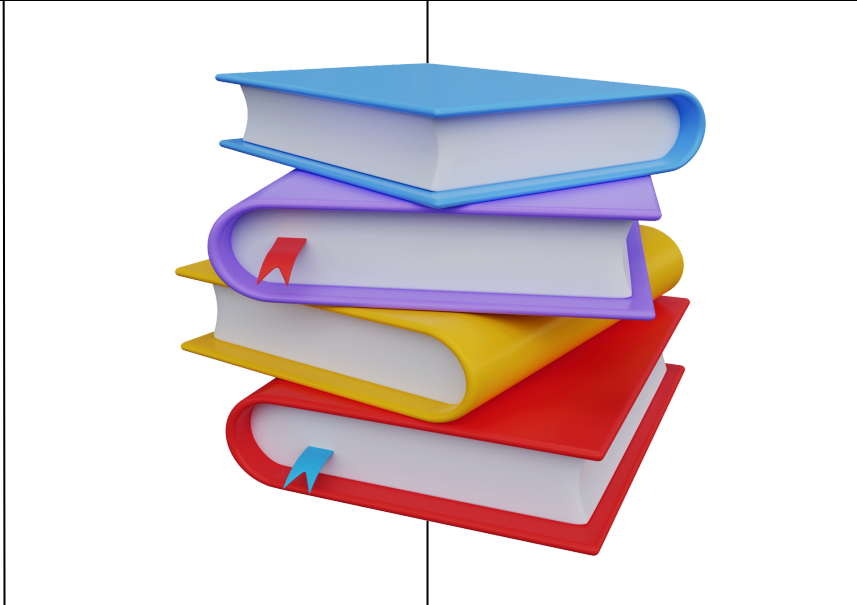
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30

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Feelings of Anger
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Check-out
4:15pm to 4:45pm



Open to the Public

Lower Level
Monday through Friday
9am to 6:00pm

Upper Level
Monday through Friday
9am to 5pm

24 Vernon Street
Keene, NH 03431
603-352-5093

Personal Meeting ID:
603 352 5094

Can't make it in person?

Join us via Zoom

Group Descriptions

Addiction and Recovery

The purpose of the group is to act as a support system for each other. We talk openly and honestly about our addiction and recovery. This group provides us with a safe place to talk about these issues and aims to give us a sense of hope for the future.

Anxiety and Depression

This group offers a non-judgment arena for peers to talk openly and honestly about their anxiety, depression and mental health and how they intertwine with each other. The group will remain confidential and offer support and empathy through sharing and discussion.

Autism Group

This group is a wonderful opportunity for adults with autism to come together, socialize, and just have fun! This well-established group provides a space in which adults on the autism spectrum can support one another by cultivating connections through fun, group-chosen activities, and entertaining social interaction. All group members choose group activities together.

Beyond Bi-Polar/Depression

The purpose of this group is to provide us with the opportunity to talk honestly and openly about experiences often labeled as depression or bipolar. It is a place where we can find connection and understanding by talking about our common experiences. As peers we create an environment where it is safe to take risks and where we can get support and give support and get feedback and give feedback. This group reminds us that we are not a diagnosis. We are worthy human beings that deserve to live happy and fulfilling lives.

Building Boundaries

Setting boundaries is an important part of establishing one's identity and is a crucial aspect of mental health and wellbeing. Boundaries can be physical or emotional, and they can range from being loose to rigid, with healthy boundaries often falling somewhere in between. Learning to show compassion and kindness to yourself is crucial in setting healthy boundaries. This group is a confidential opportunity to discuss what healthy boundaries are and how to set them, why healthy boundaries are important for self-care, and how to explain boundaries to adults and children.

Check-in and Check-out

A question and quote are read at the beginning of Check-in/Check-out to reflect on if people want to. This is not a discussion group, but not more of a space for individuals to share. Often in our lives, we are not listened to, and we are told what we think. This space also allows us to practice the idea that "you are the expert on yourself"

Creativity Corner

Creativity Corner is a space for members to come together and be creative! Either bring your own project, or use the supplies at the center.

Coffee Hour

Come Join Amanda for some good coffee, snacks and conversation.

Domestic Violence Survivors workshop group

Designed to be a safe, confidential space for domestic abuse victims, survivors, and advocates to come together and share their experiences and lean on one another, Our group offers a space to connect with other survivors and support victims cope with domestic violence while building healthy friendships and relationships and available to either men or women.

Feelings Of Anger

The purpose of this group is to provide us with the opportunity to talk honestly and openly about experiences often labeled as rage or anger.

Fiber Arts

In this group, we actively work on various kinds of fiber arts, such as knitting, crocheting, weaving, and beyond. Join us for a fun hour of conversation and crafts.

Fit & Active

Come to the gym and do a fun and exciting 45 min workout!

Gaming Group

Board games, video games we have it all! Come game with us!

Healthy Eating Group

Come learn how to make healthy recipes and after you get to sample your healthy creations!

Isolation Support

This is a safe space designed for us to come together to address our concerns and feelings of isolation, that may bring us sadness, fear, etc. Sometimes, just being able to get together and play a game feels a lot better than being alone.

IPS Skills

Want to learn more about intentional peer support and how to apply it? This is the group for you. Learn about the 3 principles of IPS (Helping to Learning Together, Individual to relationship and Fear to Hope and Possibility) and learn about the 4 tasks of IPS (Mutuality, Moving Towards, Connection and World View).

Jammin' in the Gym

Join us in the gym as we listen to some tunes and get our bodies moving.

Journaling Group

Come Journal with us! we pick different topics each week.

LGBTQIA+ Support

This group provides a confidential and supportive atmosphere to talk about the issues that affect us as members of the LGBTQ community, including our mental health experiences. Together we will be able to receive support and offer support to each other. In this group it will be possible to discuss the challenges we may have experienced or fear we may be experiencing. Some of the issues explored in the group may include, but not limited to: sexuality, mental health, suicide, stigma, isolation, internalized homophobia, anxiety, substance use/misuse, HIV/AIDS and safer behavior.

Life Skills

This group is where we can lean on one another to learn life skills to be more independent. This could be anything ranging from sewing , cooking, finances, meal planning, cleaning and more. A modern-day home ec!

Men's Group

Join us in some healthy , positive conversations about what life is like from a man's prospective. This group is for anyone who identifies as as a man!

Sewing Group

Come join us and learn how to sew. You can bring your own projects or enjoy doing something new together!

Survivors of Sexual Assault

Survivors of Sexual Assault is a place where individuals who have been sexually abused, past or present, to talk openly about the effects of the trauma (mental or physical) without criticism or judgment. The group is facilitated by peers who have had personal experience with sexual assault and who can offer support for others who have been through/are going through this trauma. It is a group where people can find understanding, hope, compassion, and to find they are not alone or damaged.

Tea Time

Come join the fun with some great tea, snacks and conversation!

Trauma Survivors

Trauma Survivors is a place where individuals affected by trauma, past, or present, can talk openly about the effects of trauma (mental or physical) without criticism or judgment. The group is facilitated by peers who have had personal experience with trauma and who can offer support for others who have been through/are going through trauma. It is a group where people can find understanding , hope, and compassion and can find that they are not alone and damaged.

Women's Group

Women's Group is a place where women can talk openly and not feel inhibited to build community among themselves. The group will foster good conversation, a feeling of validity, improvement in self-esteem, and confidence. It will also provide a space for women to learn something about themselves.