



Monadnock PEER SUPPORT

THE PULSE

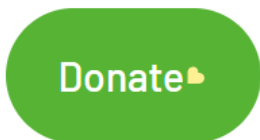
We love our Donors and Community Partners!

Whether you're donating time, clothes, appliances, hygiene items, making a monetary donation, or coming along side us as a community partner, we appreciate you more than you know! There are a lot of ways to serve if you're looking to get involved! Please reach out to Karen via email: Karen@MonadnockPSA.org



Leadership • Planning • Advancement

Kevin Tighe



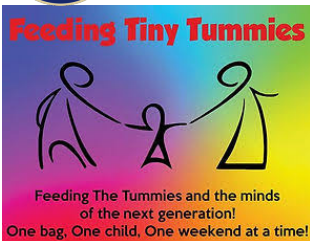
Tim Sampson Architects



"Power to Please!"



Stacy Wilbur



Sam Spielberg



The Richis



Gretchen Wittenborg

Eli Rivera

Devan Blake



Jennifer Friedman

The Community Kitchen, Inc

Diane Croteau



Melissa Callender



Billy Holderby



Our Mission & Values

Providing mental health support for individuals seeking wellness through a mutually supportive peer community.

RESPECT • INTEGRITY • EMPATHY • MUTUALITY • RESPONSIBILITY

ANNOUNCEMENTS

Last Month's Trip



Thank you Rob W. for the photo!

**Hampton Beach
Hampton, NH**

This Month's Trip



**Vermont Institute of
Natural Science (VINS)**

Date: Tuesday October 15

Time: 10 AM to 6 PM

Sign up is required!

Coming Up Soon



Community Meeting - 10/8 and 10/22 @ 12noon

The Pumpkin Festival - 10/12

Indigenous People's Day - 10/14, CLOSED

Trip to VINS - 10/15 @ 10 AM

Board of Directors Annual Meeting - 10/24 @ 5:30 PM

Halloween Celebration - 10/31 @ 12 PM





Let us Introduce Ourselves

Monadnock Peer Support was founded in 1995 as an alternative that compliments and supplements the traditional mental health system. We are a member-driven organization that provides opportunities for people who experience mental health to support one another in moving towards what we want in life as opposed to away from what we don't want.

We also establish a culture in which our members and participants feel more empowered to make their own decisions and live a fulfilling life. We are free, confidential, and you do not need a diagnosis or insurance.

Location: 24 Vernon St, Keene, NH

Phone: 603-352-5093 and 603-352-5094

Website: www.monadnockpsa.org

Support Groups

Each month, we offer many free support groups on weekdays both in person and via Zoom using the personal meeting ID 603-352-5094. We use peer support to help members grow in relation to each other. You can find our current calendar of events and group offerings on our website and social media.

Monthly Education and Trips

Each month, we invite guest speakers to present information about their agency. Once a month, members participate in outings or tours. We offer other activities such as fitness training, mindfulness and meditation, art, music, community meals, shopping trips, and more!

Member Submissions

Would you like to share your masterpiece with the community here at Monadnock Peer Support? Please reach out! Email karen@monadnockpsa.org or send us a Facebook message.

Member Testimony

On spending time in Step Up Step Down; "I was traveling from Florida. I'd lost my job. My wife passed away. I had nothing down there left for me and I needed to make a new start so I came to New Hampshire and I was on the street for a couple days and found MPS and they gave me a home and place to stay and to do everything I needed to do until I could get on my feet."

--Don P.



Nobody's Normal: How Culture Created the Stigma of Mental Illness (podcast)

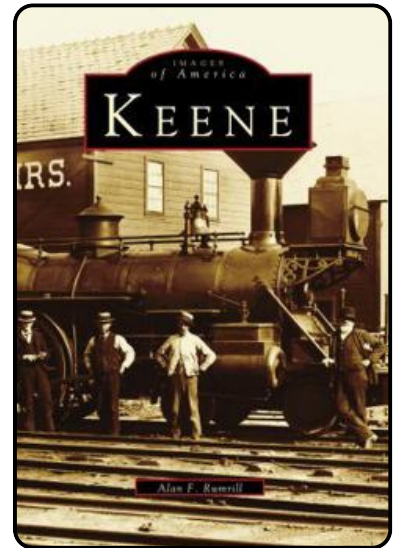
by Roy Richard Grinker

Peer support specialists Nybelle Caruso and Andrew Pegram discuss topics relevant to the growing field of peer support. They have conversations about things like authentic relationships, the history of peer support, advocacy, and the future of peer support. Check them out to learn more about the world of being a peer!

Keene

By Alan Rumrill

Keene has a history as fascinating and diverse as it is long. It has changed a great deal in the last 140 years, growing from a small village in the 1850s to the industrial and commercial center of the "Currier and Ives" corner of New Hampshire by the 1960s. Yet while many tremendous and sometimes tumultuous changes have taken place in Keene, the proud spirit of its people and the rural beauty of the surrounding area have remained constant, proving that a balanced combination of history and change can be a recipe for success as the twentieth century draws to a close and we enter an almost unthinkable different twenty-first.



Group Highlight

Veteran's Group

Tuesdays @ 5:15 PM

This group enhances communication and fosters bonds among veterans. We meet to find friendship and brotherhood, share resources, and most of all, to give each other support.

Check Out Our Resources



Scan the QR code to visit our LinkTree and see the other resources that we offer!

Lasagna Roll Ups

RECIPE FEATURED
5
INGREDIENT



Ingredients

- 6 lasagna noodles
- 1 pound ground beef
- 1 jar (14 ounces) pasta sauce
- 1 teaspoon fennel seed, optional
- 2 cups shredded part-skim mozzarella cheese, divided

1. Cook lasagna noodles according to package directions. Meanwhile, in a large skillet, cook beef over medium heat until no longer pink, breaking it into crumbles; drain. Stir in spaghetti sauce and, if desired, fennel seed; heat through.
2. Drain noodles. Spread 1/4 cup meat sauce over each noodle; sprinkle with 2 tablespoons cheese. Carefully roll up noodles and place seam side down in an 8-in. square baking dish. Top with remaining sauce and cheese.
3. Bake, uncovered, at 400° for 10-15 minutes or until heated through and cheese is melted.

Find this recipe:

<https://www.tasteofhome.com/recipes/lasagna-rolls/>

RECOVERY DAY '24!



We spent the day at Wheelock Park in Keene to celebrate our Annual Recovery Day! We grilled lots of burgers and hot dogs, had some sides, and cake. We spent time playing games and sharing our recovery stories with each other.

Special Thank You to:

Donnie and Keith for grilling all the burgers and hot dogs!

Amber for bringing by Butterball and sharing some bunny therapy!

Meghan from Serenity Center, Jim and Stephanie from SCS, and Kelly from the Keene YMCA for stopping by!

Peer Respite & Step Up Step Down

The Respite Program at MPS is for anyone who is experiencing distress and at risk for potential hospitalization due to mental health challenges and feels they would benefit from being in a short-term, 24-hour, peer-to-peer, supported environment with others who have 'been there.'



Step-Up Step-Down is a peer driven voluntary 30-90 day mental health residential program, whose mission is to create an environment that will facilitate hope-based recovery, and increase mental, physical and emotional well-being for those who participate.

Scan to view
Respite Inquiry
Form ([click here](#))



Scan to view
Step Up Step Down
Application ([click here](#))



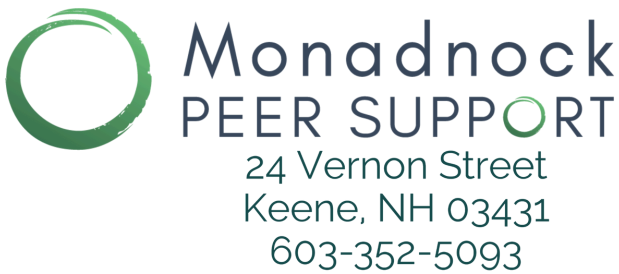
To learn more, go to our [website](#) or contact Shay Carroll by email at shay@monadnockpsa.org

September 2024 Memories





If Monadnock Peer Support has made a difference in your life, we ask that you kindly consider supporting us by checking out our giving portal and ensuring that MPS will be here for years to come!



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"The preparation of this (report, document etc.) was financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services."

