



Monadnock
PEER SUPPORT

THE PULSE

Thank you to November's Donors and Community Partners!

No matter if you're contributing your time, donating clothes, appliances, hygiene products, making a financial contribution, or joining us as a community partner, we truly appreciate your support! There are numerous opportunities to get involved if you're interested in serving. Feel free to contact Stacy Wilbur via email at Stacy@MonadnockPSA.org.



*Cassie
Melissa Gero
Callender*



*Amanda
Maquire*



*Stacy
Wilbur*



Scan to
donate online:



*Wende
Jones*

*Dante
Diffendale*



*Kenneth
Chamberlin*



*Sherriff
Eli Rivera*

*Felicia
Chase*



Please join us for a



HOLIDAY PARTY

December 20, 2024

12pm to 2pm

As is tradition, we will be enjoying a meal together. A sign-up sheet will be available in the lobby. Additionally, we're hosting a Yankee Swap, so please bring a wrapped gift valued at no more than \$10 to join in the fun. For those who may not be able to provide a gift, we will have a few extras on hand.

ANNOUNCEMENTS

Last Month's Trip

YANKEE CANDLE® & Magic Wings



Newsfeed



Did you catch us on WMUR?
Scan code to view the story!



Dates to Remember



Giving Tuesday - Tuesday - 12/3 - all day!

Trip to the Pheasant Lane Mall - Tuesday, 12/10 - 10am to 5pm

MPS Board Meeting - Thursday, 12/19 - 5:30 PM at MPS

Holiday Celebration - Friday, 12/20 PM @ 12pm to 2pm

Community Meeting - Tuesday, 12/24 - 12PM at MPS

Christmas Center Closures - Wednesday, 12/25 & Thursday, 12/26



Monadnock PEER SUPPORT

www.MonadnockPSA.org

24 Vernon Street, Keene, NH 03431

603-352-5093

Holiday Wishlist

During the season of giving, we invite you to contribute donations to help address various needs in our community. We sincerely appreciate any support you can provide! Your donations help make their season bright!

- Adult Socks
- Laundry Detergent
- Dish Soap
- Fabric Softener
- Advil
- Tylenol
- Cough Medicine
- Gorilla Tape
- First Aid Kit
- Disinfectant Wipes
- Adult Underwear
- Batteries
- Gel Pens
- Adult Coloring Books
- Sharpies
- Hot Hands
- Winter Hat
- Winter Gloves
- Vitamin C
- Hair Accessories
- Shampoo & Conditioner
- Hair Spray
- Adult Zipper Hoodie
- Adult Sweatpants

Scan to
donate online:



Please bring unwrapped gifts to the center by December 20, 2024.



It's Ok that You're Not Ok

By Megan Devine

In *It's OK That You're Not OK*, Megan Devine offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy. Having experienced grief from both sides—as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner—Megan writes with deep insight about the unspoken truths of loss, love, and healing. She debunks the culturally prescribed goal of returning to a normal, “happy” life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it.

Winter Blues

By Norman E. Rosenthal, MD

Picking up this book is the first step toward feeling more energized, productive, and alive—all year long. Dr. Norman E. Rosenthal's engaging, compassionate style and rich store of scientific wisdom have made this trusted guide a perennial bestseller. Dr. Rosenthal explains how to evaluate your own level of seasonality, get the most out of light boxes and other effective self-help options, and make informed decisions about antidepressants and psychotherapy. The thoroughly updated fourth edition features a new chapter on different meditation practices and their benefits. Packed with information and insights, this is a tried-and-true survival kit for weathering the winter blues.



6 Strategies for Combating Seasonal Affective Disorder



1. Maximize Sunlight Exposure
2. Light Therapy at Home
3. Maintain a Regular Schedule
4. Stay Active
5. Healthy Diet:
6. Stay Socially Connected



If you are experiencing a mental health crisis, call or text 988



Sweet and Sour Meatballs

Ingredients

- 1 Tbsp canola oil
- 1 each, red and green bell pepper, seeded and diced
- 1 small white onion, diced
- 1lb pre-cooked meatballs
- 12 oz jar sweet 'n sour sauce

Directions

In a large skillet or wok, heat the oil and sauté the bell peppers and onion. Add the meatballs to warm them through. (Note: if you get raw meatballs, you'll need to cook/brown them a little longer so they cook through before serving.) Pour the sauce over the top and coat the meatballs and veggies. Let simmer for 5 to 10 minutes to allow flavors to mingle together.

Serve hot over rice and enjoy!



Curious About Our Residential Programs?

Respite is a trauma-informed program is designed for an individual who may be experiencing an emotional crisis. This means something different to everyone: things such as a loss of a job, a miscarriage, needing a break from family, divorce, transition of home situation, etc. The guest is able to stay with us for 6 nights and 7 days. The intention of this program is to allow the guest to rest, take a breath, regroup and recharge their batteries so that they are able to get back to the essentials of work, family, life, etc.

Step-Up Step-Down is a peer driven, voluntary 30-90 day program, whose environment serves as a landing space for gradual integration back into the individual's community, deepening connections to supportive networks and increasing chances of personal success.

Participants in either program are able to come and go as they please, enabling them to continue work, attend school, and visit with family, friends, or groups outside of the home. Both programs are free to everyone, and free transportation services are also made available.

To learn more about either program, please contact Shelley Woodson via email: shelley@monadnockpsa.org or by phone by calling 603-352-5093.

November

MEMORIES



Party Prep!



Morning Check-in!



Happy Halloween!



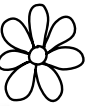
New Cozy Seating!



Happy Birthday, Eli!



Community Lunch!



Healthy Cooking!



Karaoke Time!



Christmas Word Search

E	F	M	G	H	H	M	T	C	F	B	N	O	S	T
J	Z	C	I	T	O	R	H	Z	O	L	U	U	T	I
I	D	X	N	W	E	T	M	M	I	O	O	Y	N	G
I	Z	H	G	E	A	N	R	G	N	F	K	L	E	A
H	N	R	E	E	F	I	H	Q	Y	V	O	I	S	R
H	B	Y	R	E	O	T	E	L	T	S	I	M	E	P
R	G	W	B	I	S	V	J	S	E	D	G	B	R	S
U	Q	I	R	J	C	T	T	Z	X	L	M	U	P	K
D	K	A	E	M	P	O	N	H	D	E	V	Z	V	H
O	V	B	A	L	C	Y	U	E	C	O	R	E	J	O
L	W	X	D	K	S	S	Q	E	M	U	E	X	S	L
P	P	L	I	J	R	G	D	W	E	A	T	D	L	L
H	X	N	R	E	I	N	D	E	E	R	N	L	N	Y
X	G	S	L	O	R	A	C	S	R	B	I	R	T	H
S	Y	M	D	L	S	A	N	T	A	Z	W	G	O	H



CAROLS
 ELVES
 LIGHTS
 PRESENTS
 SANTA

TREE
 COOKIES
 GINGERBREAD
 MISTLETOE
 REINDEER

SLEIGH
 WINTER
 DECEMBER
 HOLLY
 ORNAMENTS

RUDOLPH
 STOCKINGS
 WREATH



CROSSWORD

1. Decorations 2. Wreath 3. Gingerbread 4. Snowflakes 5. Stock
 6. Snowman 7. Gift 8. Poinsettia 9. Mittens 10. Bell 11. Clock






Together we give.


Dec 3, 2024



PLEASE SCAN QR CODE TO DONATE



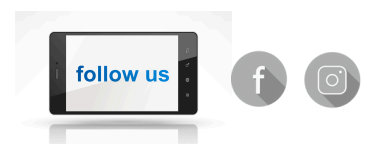

Support MPS by donating on Giving Tuesday! Cash or check accepted in person, or give online by scanning the QR code above!



**Monadnock
PEER SUPPORT**
24 Vernon Street
Keene, NH 03431
603-352-5093

Place
Postage
Here

The preparation of this document 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Check-in 9:15am to 9:45am</p> <p>Fit&Active 11am to 11:45am</p> <p>Coffee Hour 11:30pm to 12:30pm</p> <p>IPS Skills 12pm to 1pm</p> <p>Gaming 1pm to 2:30pm</p> <p>Feelings of Anger 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p>	<p>3</p> <p>Check-in 9:15am to 9:45am</p> <p>Trauma Survivors 10am to 11am</p> <p>Women's Group 2pm to 3pm</p> <p>Tea Time 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Veterans Support Group 5:15pm to 6:15pm</p>	<p>4</p> <p>Check-in 9:15am to 9:45am</p> <p>Healthy Eating 10am to 12pm</p> <p>Fit&Active 1:00pm to 1:45pm</p> <p>Addiction and Recovery 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Bipolar/Depression 5:00pm 6:15pm</p> <p>AA Meeting 7pm</p>	<p>5</p> <p>Check-in 9:15am to 9:45am</p> <p>Life Skills 10am to 11am</p> <p>Munchies and Movies 11am to 1pm</p> <p>Journaling Group 2pm to 3pm</p> <p>Isolation Support 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Autism Group 6:30pm to 8pm</p>	<p>6</p> <p>Check-in 9:15am to 9:45am</p> <p>Anxiety and Depression 10:00am to 11:00am</p> <p>Community Lunch 11am to 1pm</p> <p>Building Boundaries 11:30am - 12:30pm</p> <p>Fiber Arts 1pm-2pm</p> <p>Jammin in the gym 2pm to 2:45pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Domestic Violence Survivors workshop group 5:15pm to 6:15pm</p>
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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!

Group Descriptions

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.

Veteran's Group

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.

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.