



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! 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

Tara Abbott

Theresa Noel

Diane Croteau

Stacy Wilbur

Billy Holderby

A special thank you to these wonderful people for the support that only animal lovers can provide



Park Place
VETERINARY HOSPITAL

Kenneth Chamberlin

Kevin Tighe

Terri Bailey

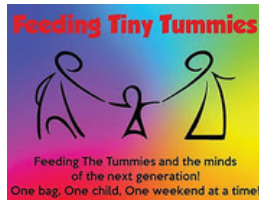
Eli Rivera

The Community Kitchen, Inc



Melissa Callender

Devan Blake

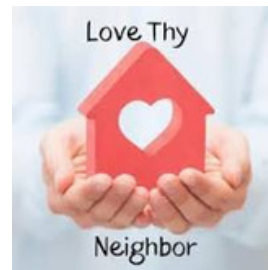


Jennifer Friedman



CHAOS
& Kindness

BENSONWOOD



Love Thy
Neighbor



Our Mission

The Monadnock Peer Support Agency is dedicated to providing a safe, supportive and empowering environment for individuals facing mental health challenges in our community. We strive to promote recovery through peer-to-peer support, education and advocacy. Our mission is to foster hope, reduce isolation and encourage self-determination on the journey towards resilience and improved quality of life.

ANNOUNCEMENTS

Last Month's Trip



Holyoke Mall
Holyoke, MA

This Month's Trip



McAuliffe-Shepard
Discovery Center

Sign up is required!

Coming Up Soon



Keene Ice and Snow Festival - 2/3 @ 10am in Downtown Keene

Community Meeting - 2/6 @ 12pm

Trip to McAuliffe-Shepard Discovery Center - 2/13 @ 10am-5pm

Valentine's Day Celebration - 2/14 @ 11:30am-1:30pm at MPS

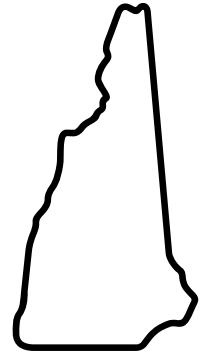
President's Day - CLOSED on 2/19

Community Meeting - 2/20 @ 4pm

MPS Board Meeting - Thursday, 2/22 @ 5:30 PM at MPS

Ice Skating Trip - Tuesday, 2/27 PM @ 9:45 AM to 11:45 AM at Keene Ice

Bill would allow NH officials to report mental health information to federal background check system for gun purchases



Updated: 7:39 PM EST Dec 22, 2023
Written by Hannah Cotter, WMUR

Lawmakers are finalizing a new bill that would allow the state to report mental health information to the federal background check system for firearm purchases.

The “Chief Bradley Haas Mental Health Firearms Reporting Act” was drafted a month after a deadly shooting at New Hampshire Hospital claimed the life of unarmed security guard Bradley Haas, who was the former police chief of Franklin, and it was revealed that the shooter had previously been a patient at the hospital.

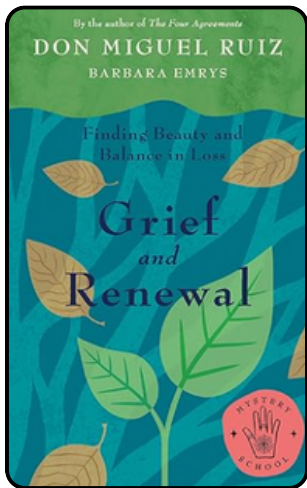
“Bradley’s Law” would give the New Hampshire Judicial Branch and the Department of Safety the green light to report whether someone has been involuntarily committed to a mental health facility, found not guilty by reason of insanity or found incompetent to stand trial and found by the court to be a danger to themselves or others to the National Instant Criminal Background Check System (NICS). This would not include those who are seeking voluntary treatment or those who are involuntarily hospitalized for assessment or evaluation.

After a person is committed or upon the entry of a judgment of not guilty by reason of insanity, a judge would also be able to issue an order for law enforcement to confiscate any firearms or ammunition owned by that person. The individual would be able to transfer them to someone else they don’t live with, or to a licensed firearms dealer.

The bill would also establish a restoration process so that individuals can file a petition for review to purchase a firearm within six months, depending on the situation. The court can then order an independent psychiatric examination from the Department of Health and Human Services to be completed prior to a hearing, at which the petitioner can call witnesses.

If the courts grant relief, they can request that the NICS entry be redacted. But if denied, a person can request relief again in two years.

To Read More: <https://www.wmur.com/article/new-hampshire-background-checks-guns-mental-health/46213849#>



grief and renewal

By Don Miguel Ruiz

Don Miguel Ruiz, one of the world's most influential spiritual leaders, and author of the classic, *The Four Agreements*, gently guides readers through the process and pain of navigating grief, to find a higher purpose and existence, and to be at peace with their loss.

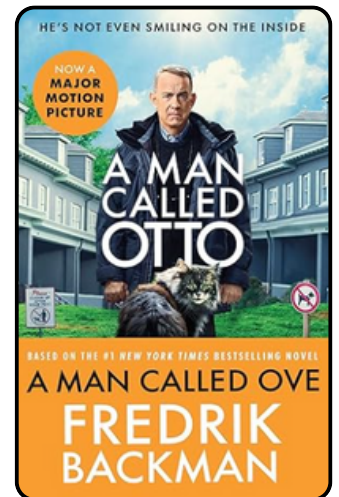
Grief is one of the many mysteries of life, and the path to easing the pain is never the same for everyone. In this course, you will learn to recognize the various stages of grief and will also be provided with healthy coping mechanisms to understand and lessen your suffering on your journey towards the acceptance of your loss. The course is designed in such a way that through the grace and poignancy of each word, you will come to understand and reconcile with your grief and your loss, and embrace the arduous task with love, openness, and eventually clarity by surviving your grief.

A Man Called Ove

By Fredrik Backman

Meet Ove. He's a curmudgeon—the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him “the bitter neighbor from hell.” But must Ove be bitter just because he doesn't walk around with a smile plastered to his face all the time? Behind the cranky exterior there is a story and a sadness. So when one November morning a chatty young couple with two chatty young daughters move in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul. All of which will change one cranky old man and a local residents' association to their very foundations.

Fredrik Backman's beloved first novel about the angry old man next door is a thoughtful exploration of the profound impact one life has on countless others. “If there was an award for ‘Most Charming Book of the Year,’ this first novel by a Swedish blogger-turned-overnight-sensation would win hands down” (*Booklist*, starred review).



Member Testimony

“You've helped me reach from the bottom and recreate a new me. I never thought I'd be capable of reaching the heights I have now versus where I need to be. I used to be a member at Beaver Street and met some wonderful people. I wanted to come back. The most helpful part of MPS now is the socialization. I love being a part of the community because I know I'm not alone anymore. It gives me the chance to adapt and understand that there are so many people out there who go through patches of life just like me.”

- CJ Hassan



Scan to see a list
of our community
partners!



Ramen with Egg

Ingredients

1 package Ramen (flavor of choice)
2/3 cup Frozen mixed veggies
1 tbsp Butter
2 tbsp Parmesan cheese
1 Egg
Salt and Pepper to taste



Directions

Fill a small sauce pot about halfway with water and bring to a boil. Remove seasoning packet from ramen and set aside, Add dry ramen noodles and frozen veggies to the boiling water. Allow to boil for 5 minutes or until the noodles break up easily with a poked fork. Drain water from noodles and return to pot. Sprinkle seasoning packet contents over noodles and veggies and add in half the butter and all the shredded parmesan cheese and stir until well combined.

While the noodles and veggies are still boiling melt the other half of the butter in a frying pan and fry the egg with a pinch of salt and pepper. To serve, add everything to one bowl and top with egg. Enjoy!

Peer Respite and 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.



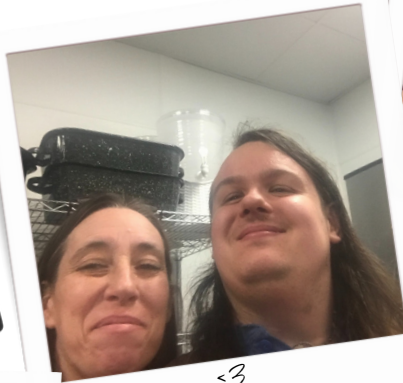
To learn more, go to our website or contact Shay Carroll by email at shay@monadnockpsa.org

January

MEMORIES



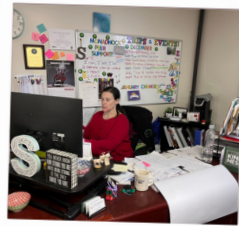
Thank you Feeding
Tiny Tummys!



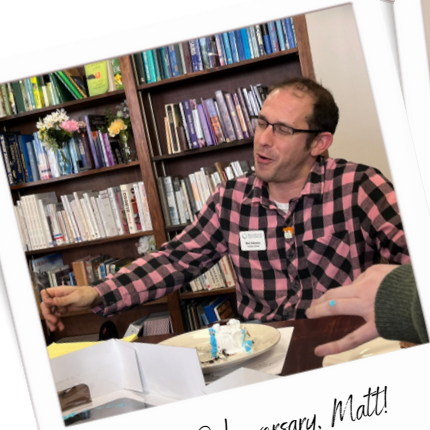
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TFridays sometimes involve ordering
out



Welcome to our newest employee.
Shawn!



Happy Sebersary. Matt!



Getting back into the swing of things
after the holidays!



Enjoying a meal while on the trip



Prepping for staff bending!

February 2024 Member Contributions



Knowledge Family

By Mary Barabos

Know that you Really can have it All!
Self-confidence, self-respect, & ability to Stand Tall!
It's already within You to bring forth.
No need to become a Bird and fly north.

Does not matter What you've been through.
When it's time, these will appear right on cue.
In order to keep these, it'll take some work.
Once you're there, go see the reward of the perk.

Take you Knowledge & each soul, paint.
Knowledge is powerful & there's no longer a taint.
This clicks in your Mind, as if an audible sound.
There's reason to avoid needing to Be as low as the ground.

Now that You know you have these, hold on Tight!
This can't be taken from you; It's your Right!
It truly IS Possible to make this endeavor.
Consider Knowledge Family; it belongs to you Forever!




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.



GIVE BACK!

Send us a **\$1 donation** when you use the Giving Tag attached to the \$2.50 reusable Community OR Fight Hunger Bags.

Bags are available at any Hannaford location!

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

Place
Postage
Here

