



THE PULSE

Monthly News From MONADNOCK PEER SUPPORT

Thank you to August's Donors, Volunteers 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 Melissa Callender via email at Melissa@MonadnockPSA.org.

Timothy Weeks Stacy Wilbur Frank White Julie Shonbeck

Kevin Tighe John Letendre Kelly Flenette Erin Michelle

Lisa Steadman Rand and Joanne Desrosiers Kelly Proulx Sam Spielberg



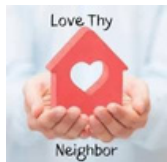
Dan Therieau Eleri Peterson Michelle Lynne Melissa Callender

Zachary Allen Karen Richi Morgan Phippard Julie Minkler

Meghan Manke Stephanie Lynne Katie Anna Rose Morgan Britton



CLUB OF KEENE



NEW HAMPSHIRE
CHARITABLE FOUNDATION

This month we are incredibly thankful for the Keene Lions Club for their \$10,000 donation towards our programming kitchen. We are DOUBLY thankful to also have received a second amazing gift: we also received \$10,000 from the New Hampshire Charitable Foundation to put towards the ADA upgrades needed for our residential bathroom!

These efforts ensure that our residents are able to take care of themselves and find comfort in the resources that support people in being the best versions of themselves. Our programs support our residents while also keeping them in the community that they love, and thanks to the incredible donations, we are able to continue providing this space that has helped so many.



A Note From Our Staff



Hello everyone,

My name is Karen and this August, I am celebrating my seventh work anniversary at Monadnock Peer Support. Seven! In that length of time, I have seen so many other coworkers come and go and I have had the opportunity of a lifetime to be touched by so many people who have changed my life with their deep hearts and thoughts. I've made countless connections in this community and beyond. I've held almost every role here at MPS and learned so much about all the aspects that go into the successful operation of a nonprofit. While not all experiences have been comfortable, I have learned so much that a formal education would never have taught me.

This past summer, I have had the opportunity to step back into the Director of Mission Impact role here at MPS and I have found that the change has been one for the better. I have enjoyed the groups that I facilitate and the one on one Wellness Recovery Action Plan meetings where I learn just as much from others as they may learn from me. One of the things that I love about my role in peer support: the journey to your tools is never a mistake. (Though why does getting bopped on the head have to hurt so hard sometimes, you know?)

Regardless, I love this organization and I want to do the best job that I can to make sure that everyone gets a voice and that everyone has a seat at the table. If there's any feedback that you have that would improve our community, I want to hear it. I look forward to continuing being able to be a part of this community and will do whatever I can to make it a healthy and welcoming place to be!

Sincerely,

Karen Richi

Director of Mission Impact



Monadnock
PEER SUPPORT



Group Fitness
Class Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Fit
&
Active
11:45am



Lower
Body
Circuit
2pm

Fit
&
Active
1pm



Upper
Body
Circuit
11am



Stretch
&
Flex
11:30am

ANNOUNCEMENTS



Monadnock
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You can text us now!

Our text line is:
603-803-8981

Feel free to reach out during our open hours! If you send a message while we are closed, we will get back to you the next day.



Monadnock
PEER SUPPORT

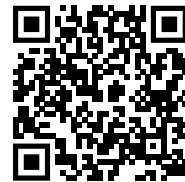
You're invited to our Annual Meeting!

Date: Thursday, October 22, 2026

Time: 11 AM to 1 PM

Location: 24 Vernon St, Lower Level

RSVP Here:



Dates to Remember



Labor Day Celebration - Friday, 9/4 - 12pm to 2pm

Veteran and First Responder Breakfast - Saturday 9/5 - 9am to 10:30am

Trip to Hampton Seafood Festival - Friday, 9/11 - 10am to 5pm

Mobile Food Pantry (Fitzwilliam) - Saturday, 9/12 - 9am to noon

Cheshire County Veteran's Expo - Saturday, 9/12 - 10am to 1pm

Hundred Nights' Amazing Race - Saturday, 9/12 - 12pm to 3pm

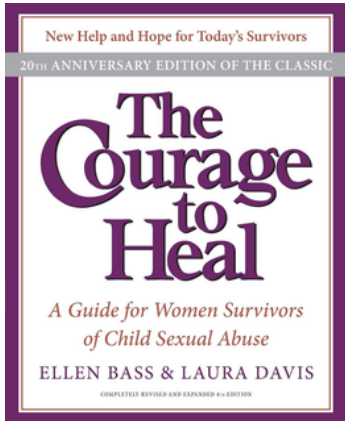
Lunch & Learn - Community Meeting - Monday, 9/14 - 12pm to 1pm

NHMHPA Monthly Zoom Meeting - Tuesday, 9/15 - 10am to 12pm

Community Clean Up - Monday, 9/21 - 11:30am to 1pm

MPS Board Meeting - Thursday, 9/24 - 5:30pm to 7pm

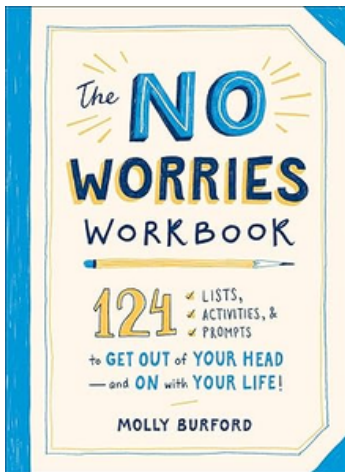
Something to Read



The Courage to Heal by Ellen Bass and Laura Davis

The Courage to Heal is an inspiring, comprehensive guide that offers hope and a map of the healing journey to every woman who was sexually abused as a child—and to those who care about her. Although the effects of child sexual abuse are long-term and severe, healing is possible.

Weaving together personal experience with professional knowledge, the authors provide clear explanations, practical suggestions, and support throughout the healing process. Readers will feel recognized and encouraged by hundreds of moving first-person stories drawn from interviews and the authors' extensive work with survivors, both nationally and internationally.



The No Worries Workbook: 124 Lists, Activities, and Prompts to Get Out of Your Head—and On with Your Life! by Molly Burford

The No Worries Workbook guides you through fun and creative coping exercises that you can do whenever you start to feel the worry take over. Worry can come in different shapes and sizes and this book of 124 lists, activities, and prompts combats that with varied and fun techniques such as writing a break-up letter to your worry, rearranging your room, or drawing. Doing a little at a time can help you get through each day with less worry and more productivity. Setting small goals, keeping track of your everyday accomplishments, making personal aromatherapy tools, and doodling, are all activities that can help you breathe and sleep easier—and ultimately worry less. This friendly, fun take on different stress-free activities will help you manage your worries and allows you to be mindful of all the positives in your day-to-day life. With creative activities, quotes, journal prompts, and light cognitive exercises, you'll have all the tips and tricks you need to stop the chronic worrying and start enjoying life.

Mental Health in the News

She told no one about her agony except ChatGPT. What her death reveals about AI risks

August 18, 2026 5:00 AM ET By Rhithu Chatterjee

Laura Reiley knew that her only daughter, 29-year-old Sophie Rottenberg, was struggling. It was the fall of 2024, and Rottenberg was at the end of a short career break.

"She was complaining of sleep disruption and anxiety," says Reiley, who lives in Ithaca, New York, with her husband.

Rottenberg had quit her job as a public health policy analyst in Washington, D.C., earlier that year, and spent the summer traveling. She had climbed Mt. Kilimanjaro and hiked through several national parks in the United States. By the time she saw her parents, she was job hunting, which they assumed explained her anxiety.

She had always been a "driven, success-oriented person," says Reiley, so "we thought OK this makes sense — she's having some sleeplessness, some anxiety about her future."

But by Thanksgiving, her mental health had worsened. "It was the first time she used the word depression," says Reiley.

nhpr

Find out
more here:





Caprese Salad



Directions

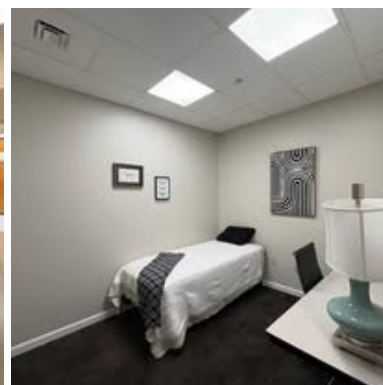
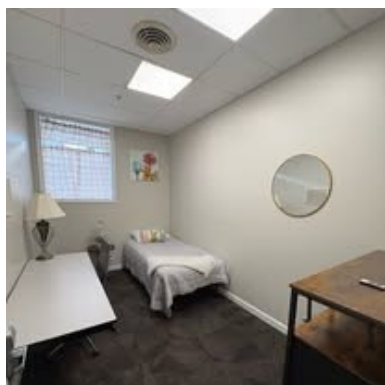
Ingredients

- 1 1/2 pounds (675 g) best-quality ripe tomatoes, mixed sizes, at room temperature
- 8 to 12 ounces (225 to 340 g) best-quality fresh mozzarella cheese, torn into bite-size chunks (see notes)
- Best-quality extra-virgin olive oil
- Coarse sea salt, such as Maldon or fleur de sel
- Coarsely ground fresh black pepper
- 6 to 8 fresh basil leaves

1. Cut tomatoes into an assortment of slices and chunks and spread over a large plate in a single, slightly overlapping layer. Tuck chunks of mozzarella among the tomato pieces.
2. Drizzle generously with extra-virgin olive oil. Sprinkle with coarse sea salt and black pepper. Tear basil leaves into small pieces with your fingertips and spread them on top. Serve immediately.



Curious About Our Residential Programs?



Respite is a trauma-informed program 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 six nights and seven 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 to 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 us via email: MPS-SUSD@MonadnockPSA.org or by phone by calling 603-352-5093.



Monadnock
PEER SUPPORT

August

MEMORIES



Switching vans for 6 Flags



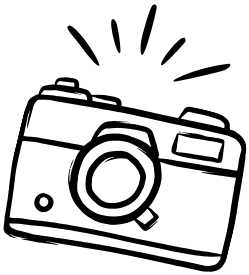
Enjoying the sunshine!



Prepping community meals!



Summer harvest from our garden



Celebrating connections and birthdays ❤️



Getting educated by TD Bank!



Learning together



Prepping for the next renovation...



Thank you from the Lions!



What is Peer Support?

Peer support is a person-centered approach where individuals with lived experience of mental health or substance use challenges provide encouragement, understanding, and practical guidance to others on their recovery journey. Built on mutual respect, hope, and shared experience, peer support helps reduce isolation, strengthen resilience, and empower people to define and achieve their own goals. By fostering connection and trust, peer support complements clinical services while promoting long-term wellness and recovery.

“By sharing their own lived experience and practical guidance, peer support workers help people to develop their own goals, create strategies for self-empowerment, and take concrete steps towards building fulfilling, self-determined lives for themselves.”

- SAMHSA (Substance Abuse and Mental Health Services Administration)

Face to Face
and Telephone
Support

Outreach

Wellness
Training

Peer Respite

Step Up Step
Down

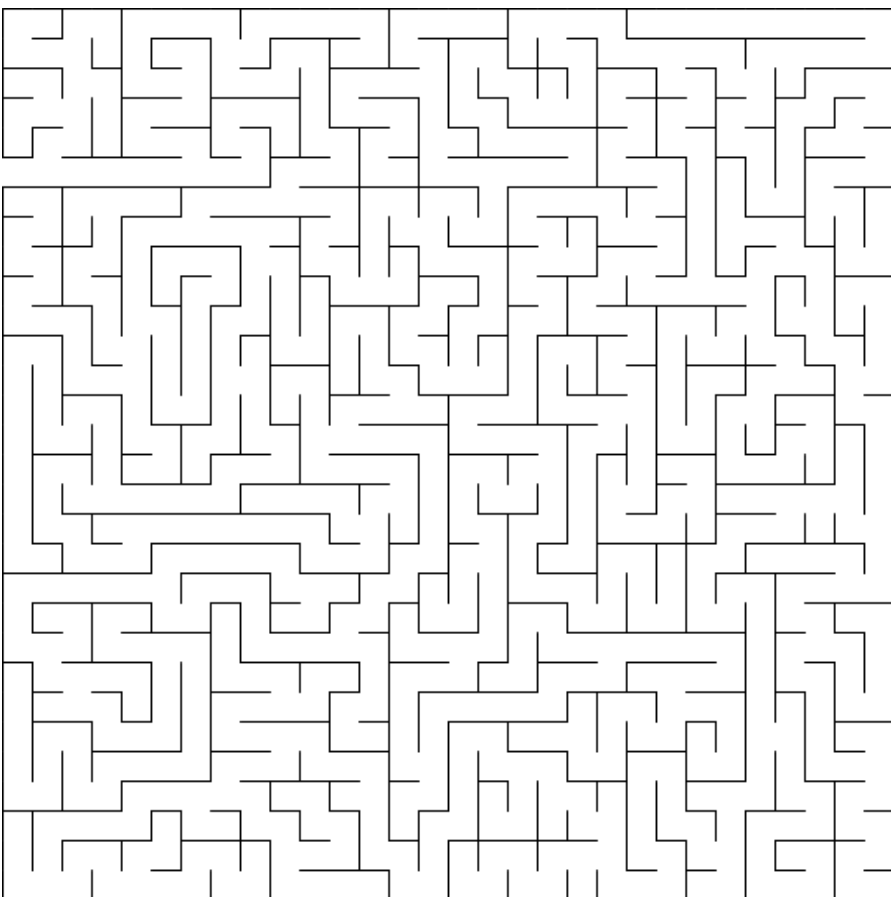
Monthly
Educational
Opportunities



Something Fun!

Cool Helpful Websites:

1. www.supercook.com - Enter ingredients you already have and it tells you what recipes you can cook
2. www.goblin.tools - Breaks overwhelming tasks into smaller, manageable steps
3. repairclinic.com - Helps diagnose broken appliances and shows you how to fix them





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Warm Line



The Warm Line is a free confidential, non-medical peer support program. Callers use our warm line for a variety of reasons such as, loneliness, exploring solutions, sadness, uncomfortable emotions, social isolation, or just to have a conversation with a peer.

Warmline Hours:
Sunday-Thursday, 4-9 PM
Friday, 4-8 PM
Saturday, 4-9 PM

Call us at 603-543-1388 or toll free in NH at 888-582-0920



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

Place
Postage
Here

