THE PULSE

Monthly News From MONADNOCK PEER SUPPORT

Thank you to October'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
Sam Hill
Heather Downs-Syr
Holly and Randy Filiault
Julie Shonbeck
Stacy Wilbur
John Letendre
Donna Beloin
Erin Michelle
Cameron Tease
Kelly Fleuette
Kevin Tighe
Lisa Steadman
Rand and Joanne Desrosiers
Kelly Proulx & Family
Amanda Britton
Casey Volikas
Meghan Manke
Karen Richi
Kara Wallace
Stephanie Lynne
Katie Anna Rose
Morgan Britton
Zachary Allen
Lilah Marie
Morgan Phippard
Julie Minkler
Frank White
CJ Hassan
Michelle Lynne
Melissa Callender

Scan to donate online:









THANK YOU!

to the Keene Elm City Rotary Club for their donation towards our Youth Peer Support project!

Find out more about our Strategic Plan and Youth Peer Support:

Monadnock PEER SUPPORT

A Note From Our New Staff



Hi everyone!

I'm so excited to be part of the Monadnock Peer Support community! I wanted to take a moment to share a little more about myself, what I'm passionate about, and what I hope to bring to MPS.

I have a background in psychology, human development and family science, and sociology, and I'm currently working toward becoming a dance/movement therapist (DMT). One of my biggest passions is exploring how movement, creativity, and human connection can support emotional well-being, self-expression, and personal growth. Something I truly believe is that movement belongs to everyone. You don't have to be a dancer, have a certain level of ability, or even enjoy dancing to benefit from connecting with your body. Sometimes movement looks like dancing around a room, but other times it might be taking a deep breath, tapping your feet to your favorite song, or simply noticing how you're feeling in the moment.

My goal as a future dance/movement therapist is to make these experiences more accessible within the community. I want to help create spaces where people feel comfortable being themselves, exploring their creativity, building confidence, and connecting with others without judgment or expectations.

During my time at MPS, I hope to bring a little bit of everything! Through my Embodied Connections programming, I plan to offer groups and workshops focused on movement for stress relief, nervous system regulation, embodied self-care, rebuilding self-confidence, creative expression, and finding joy through movement. Some groups will involve gentle stretching and chair movement, while others might include music, games, painting, drawing, or simply having meaningful conversations about how we experience the world around us. I also hope to learn from everyone here. I believe community support is about more than sharing what we know. It's about listening, learning from one another, and recognizing that everyone has something valuable to bring to the space.

More than anything, I want to help make wellness feel less intimidating and a lot more human. I want to create opportunities for people to laugh, be curious, try something new, and maybe even surprise themselves along the way. I'm incredibly grateful to be part of MPS as I continue growing into the dance/movement therapist I hope to become. I look forward to building connections, sharing experiences, and finding creative ways to support one another.

Because sometimes connection begins with a conversation, sometimes with a little creativity, and sometimes with simply moving together.

Sincerely,
Bree Wirthlin

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

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MPS NEWS

ANNOUNCEMENTS

Come Volunteer!

MPS has some fun volunteer opportunities coming up, and we'd love to have you with us!

Find out more:

Monadnock PEER SUPPORT

DONATIONS NEEDED:

- Thanksgiving dinner ingredients
- Large turkey
- Markers, colored pencils, sewing needles
- Hygiene products

Dates to Remember

Veteran & First Responder Breakfast - Saturday 11/7 - 9am to 10:30am

MPS Community Meeting - Monday, 11/10 - 12pm to 1pm

Veteran's Day - Wednesday, 11/11, CLOSED

NHMHPA Monthly Zoom Meeting - Tuesday, 11/17, 10am to 12pm

Magic Wings/Yankee Candle Trip - Tuesday, 11/17, 10am to 5pm

MPS Board Meeting - Thursday, 11/19, 5:30pm to 7pm

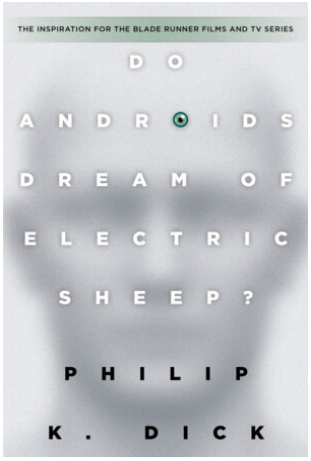
Thanksgiving Celebration - 11/25, noon to 3pm

Thanksgiving - Thursday, 11/26; CLOSED

Day after Thanksgiving - Friday, 11/27; CLOSED

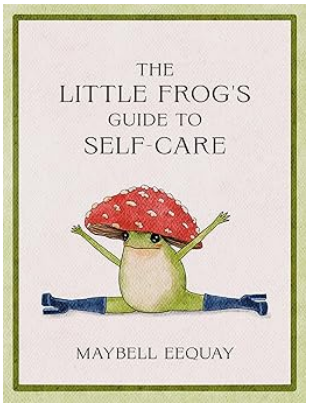
Something to Read

Monadnock PEER SUPPORT



Do Androids Dream of Electric Sheep?
Philip K. Dick

By 2021, the World War has killed millions, driving entire species into extinction and sending mankind off-planet. Those who remain covet any living creature, and for people who can't afford one, companies built incredibly realistic simulacra: horses, birds, cats, sheep. They've even built humans. Immigrants to Mars receive androids so sophisticated they are indistinguishable from true men or women. Fearful of the havoc these artificial humans can wreak, the government bans them from Earth. Driven into hiding, unauthorized androids live among human beings, undetected. Rick Deckard, an officially sanctioned bounty hunter, is commissioned to find rogue androids and "retire" them. But when cornered, androids fight back—with lethal force.



The Little Frog's Guide to Self-Care: Affirmations, Self-Love and Life Lessons According to the Internet's Beloved Mushroom Frog
Maybell Eequay

Globally loved, the little frog is the creation of Maybell Eequay and appears in this charming book of uplifting affirmations and empowering life lessons. Hop into this uplifting little book, filled with positive affirmations on self-love and empowerment, as told by the internet's most fashionable frog. "Don't forget about the subtle magic that is happening all around you every day." Meet the little frog! With its mushroom hat and endless collection of fabulous footwear, this adorable amphibian is here to be your new best friend. Whether you need an emotional boost, some friendly encouragement or an honest view on the world, the little frog will be your guide.

Mental Health in the News

NEW HAMPSHIRE DHHS — Department of HEALTH & HUMAN SERVICES

New Hampshire Receives Over $2 Million in Federal Grants to Support Mental Health Efforts Statewide

By DHHS NH

Concord, NH – Today, Governor Kelly Ayotte and Commissioner Lori Weaver of the Department of Health and Human Services (DHHS) celebrated New Hampshire receiving over $2 million in federal grants aimed at expanding behavioral health crisis support and mental health services across the state. The grants will provide critical funding for New Hampshire's 988 Lifeline and support mental health initiatives for pregnant and postpartum women experiencing mental health or substance use challenges.

Find out more here:

"Strengthening our mental health system is critical to building a healthier future for all of New Hampshire," said Governor Ayotte. "I'm pleased to see more than $2 million in federal funding come to our state so we can continue to sustain the 988 Lifeline and ensure pregnant women and new moms get the mental health care they need. I thank Commissioner Weaver and the Department of Health and Human Services for the work they did to secure these grants. We'll continue working to protect critical mental health services and support our most vulnerable Granite Staters."

Monadnock PEER SUPPORT

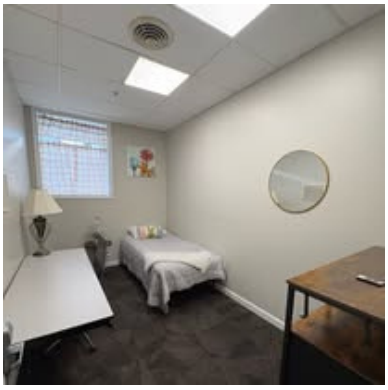
What is Peer Support?

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

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

October Memories



Grilling at Recovery Day!



Part of our Board!



Donna on the trip



Annual Meeting time!



Biggest tea time ever!



Haunted House wrap up



Selling like hot cakes!



Please, no more cake pops...

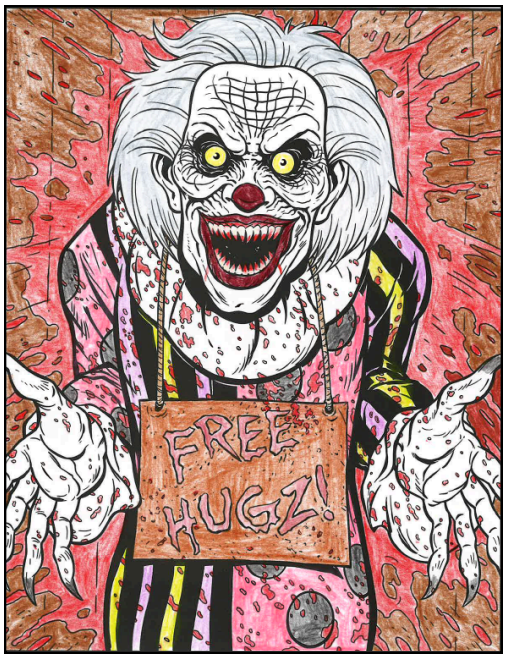


Spooky times!

Monadnock PEER SUPPORT

Member Contributions

Do you have artwork that you've done while participating in a group or an event?
We want to see it! Send it to karen@monadnockpsa.org.



Julie





Frank



Julie .



Emily

Monadnock
PEER SUPPORT

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:
Saturday-Thursday, 4-9 PM
Friday, 4-8 PM

Call us at 603-352-5094 or toll free in NH at 888-582-0920

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

Place
Postage
Here

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