Monadnock PEER SUPPORT

November

2026 Calendar

www.MonadnockPSA.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Check-in** 9:30am to 10am **Hoarding Support Group** 10:30am-11:30am **Gaming** 1pm to 2:30pm **Life Skills** 3pm to 4pm **Check-out** 4:15pm to 4:45pm	**3** **Check-in** 9:30am to 10am **Power in Pause** 10:30am to 11:30am **Writing Circle** 12pm to 1pm **IPS Moving towards** 1pm to 2pm **Women's Group** 2pm to 3pm **Tea Time** 3pm to 4pm **Check-out** 4:15pm to 4:45pm **Strong lines,Strong Minds** 5pm to 6pm	**4** **Check-in** 9:30am to 10am **Van Shopping Trip*** 10am to 12pm **Healthy Eating** 12pm-2pm **ART Therapy** 3pm to 4pm **Check-out** 4:15pm to 4:45pm **Bipolar/Depression** 5pm to 6pm	**5** **Check-in** 9:30am to 10am **Munchies and Movies** 12:00pm - 2pm **Healing Hearts** 2pm to 3pm **Fresh Start** 3pm to 4pm **Check-out** 4:15pm to 4:45pm **Autism Group** 6:30pm to 8pm	**6** **Check-in** 9:30am to 10am **Better Days** 10:30am to 11:30am **Cooking Together with Kelly** 12pm to 1:30pm **Music Appreciation** 2pm to 3pm **Strength through stories** 3pm to 4pm **Check-out** 4:15pm to 4:45pm
9 **Check-in** 9:30am to 10am **Hoarding Support Group** 10:30am-11:30am **Gaming** 1pm to 2:30pm **Life Skills** 3pm to 4pm **Check-out** 4:15pm to 4:45pm	**10** **Check-in** 9:30am to 10am **Power in Pause** 10:30am to 11:30am **Community Meeting 12pm-1pm** **IPS Moving Towards** 1pm to 2pm **Women's Group** 2pm to 3pm **Tea Time** 3pm to 4pm **Check-out** 4:15pm to 4:45pm	**11** VETERANS DAY SORRY WE'RE CLOSED	**12** **Check-in** 9:30am to 10am **Munchies and Movies** 12:00pm - 2pm **Healing Hearts** 2pm to 3pm **Fresh Start** 3pm to 4pm **Check-out** 4:15pm to 4:45pm **Autism Group** 6:30pm to 8pm	**13** **Check-in** 9:30am to 10am **Better Days** 10:30am to 11:30am **Cooking Together with Kelly** 12pm to 1:30pm **Music Appreciation** 2pm to 3pm **Strength through stories** 3pm to 4pm **Check-out** 4:15pm to 4:45pm
16 **Check-in** 9:30am to 10am **Hoarding Support Group** 10:30am-11:30am **Gaming** 1pm to 2:30pm **Life Skills** 3pm to 4pm **Check-out** 4:15pm to 4:45pm	**17** **Check-in** 9:30am to 10am **Yankee Candle Trip** **10am-5pm** **Tea Time** 3pm to 4pm **Check-out** 4:15pm to 4:45pm **Strong lines,Strong Minds** 5pm to 6pm	**18** **Check-in** 9:30am to 10am **Van Shopping Trip*** 10am to 12pm **Healthy Eating** 12pm-2pm **ART Therapy** 3pm to 4pm **Check-out** 4:15pm to 4:45pm **Bipolar/Depression** 5pm to 6pm	**19** **Check-in** 9:30am to 10am **Munchies and Movies** 12:00pm - 2pm **Healing Hearts** 2pm to 3pm **Fresh Start** 3pm to 4pm **Board Meeting 5:30pm-7:00pm** **Check-out** 4:15pm to 4:45pm **Autism Group** 6:30pm to 8pm	**20** **Check-in** 9:30am to 10am **Better Days** 10:30am to 11:30am **Cooking Together with Kelly** 12pm to 1:30pm **Music Appreciation** 2pm to 3pm **Strength through stories** 3pm to 4pm **Check-out** 4:15pm to 4:45pm
23 **Check-in** 9:30am to 10am **Hoarding Support Group** 10:30am-11:30am **Gaming** 1pm to 2:30pm **Life Skills** 3pm to 4pm **Check-out** 4:15pm to 4:45pm	**24** **Check-in** 9:30am to 10am **Power in Pause** 10:30am to 11:30am **Writing Circle** 12pm to 1pm **IPS Moving Towards** 1pm to 2pm **Women's Group** 2pm to 3pm **Tea Time** 3pm to 4pm **Check-out** 4:15pm to 4:45pm **Strong lines,Strong Minds** 5pm to 6pm	**25** **Check-in** 9:30am to 10am **Van Shopping Trip*** 10am to 12pm **Thanksgiving Celebration 12pm-3pm** **Check-out** 4:15pm to 4:45pm **Bipolar/Depression** 5pm to 6pm	**26** HAPPY Thanks Giving SORRY WE'RE CLOSED	**27** SORRY WE'RE CLOSED
30 **Check-in** 9:30am to 10am **Hoarding Support Group** 10:30am-11:30am **Gaming** 1pm to 2:30pm **Life Skills** 3pm to 4pm **Check-out** 4:15pm to 4:45pm			**NEW WEEKEND GROUPS** ***Fitness classes on separate schedule*** **SATURDAY** **Nov 7** - Veterans/First Responders Breakfast **SUNDAY** **LGBTQ+ Support** 2pm to 3pm **ART Therapy** 3pm to 4pm	Center Hours: Monday - Friday 9am to 6:00pm With extended hours on weekend's & evenings 24 Vernon Street Keene, NH 03431 603-352-5093 **Join us on Zoom!** **Meeting ID: 603 352 5094**

Updated 10.22.26 SW

Subject to change without notice

Group Descriptions

Autism Group
This group offers a fantastic opportunity for adults with autism to connect, socialize, and enjoy themselves! As a well-established community, it provides a welcoming space for individuals on the autism spectrum to support one another. Members cultivate connections through enjoyable, group-selected activities and engaging social interactions. Everyone in the group collaborates to choose the activities together.

Art Therapy
This group may include doing projects like upcycling old clothing, mail art using items like rubberstamps of postage and air mail and various envelopes, junk journaling; A book which is often made through found and recycled materials to be used as a way to collect and record memories, thoughts, ideas, and inspiration.

Better Days
This group provides a judgment-free space where peers can openly and honestly discuss their experiences with anxiety, depression, and mental health, along with the connections between them. The group maintains confidentiality and fosters a supportive environment through sharing and meaningful discussions.

Beyond Bi-Polar/Depression
The purpose of this group is to provide us with the opportunity to talk honesty 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.

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"

Cooking Together with Kelly
Join us every Friday for a fun time preparing lunch with Kelly! Whether it's soup, salad, pizza, or even a three-course meal, you never know what delicious creation awaits you!

Fresh Start
The group's main objective is to serve as a supportive community for one another. We engage in open and honest discussions regarding our struggles with addiction and the journey of recovery. This space offers a safe environment to address these topics while fostering a sense of hope for the future.

Fit & Active
Come to the gym and do a fun and exciting 45 min workout!

Healthy Eating Group
Join us to discover how to prepare nutritious recipes, and afterward, enjoy sampling your delicious healthy creations!

Gaming Group
Board games, video games we have it all! Come game with us!

Healing Hearts
This group provides a safe environment for individuals to seek support from their peers while discussing common challenges such as loneliness, fear, and anger. Additionally, it focuses on self-care, the stages of grief, and meaningful ways to honor those who have passed away.

Hoarding Support Group
This group is to help support those who have trouble disconnecting with belongings, we will talk about strategies to help with organizing and how we can go about getting rid of stuff.

IPS Skills
Want to learn more about intentional peer support and how to apply it? This is the group for you! Learn 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).

LGBTQ+ Support Group
This group provides a safe place to talk about the issues that affect us as members of the LGBTQ+ community, including our mental health experiences. Some other issues we may explore in this group might be sexuality, suicide, isolation, internalization homophobia, anxiety and more.

Life Skills
This group serves as a supportive space where we can collaborate to develop essential life skills that foster independence. Topics may include a variety of practical skills, such as sewing, cooking, managing finances, meal planning, cleaning, and much more. It's like a contemporary version of home economics!

Rebuilding Self-Confidence and Self-Worth
Connect with yourself and discover your strengths! Through creativity, reflection, and supportive activities, we'll explore ways to build confidence, practice self-kindness, and celebrate what makes you you!

Movement for Stress Relief
Move, breathe, and let go of stress! Through gentle movement, music, and relaxation, we'l explore ways to release tension, calm our minds, and feel more at ease in our bodies. No dance experience needed!

Music Appreciation
Join us as we listen to our favorite songs as a community with each member choosing a hit round robin style! It's a wonderful opportunity to bond over shared tastes and diverse musical backgrounds, all while celebrating the universal language of music. So bring your playlist and get ready to tune in to some great vibes!

Power in Pause
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.

Tea Time
Come join the fun with some great tea, snacks and conversation!

Strong Lines, Strong Minds
This group is about setting and building healthy boundaries with ourselves and others to help maintain our own self care, which is very important to our mental and emotional health.

Strength through Stories
This group is about domestic violence trauma Survivors and is a place where individuals affected by domestic violence trauma, past, or present, can talk openly about the effects of domestic violence trauma (mental or physical) without criticism or judgment. The group is facilitated by peers who have had personal experience with domestic violence 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.

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.

Writting Circle
This peer support writing group is a welcoming space for writers of all levels to connect, write, and encourage one another. We focus on shared experience and supportive feedback rather than critique or competition. Whether you're developing a project or rebuilding a writing habit, you're invited to show up as you are and give and get feedback together.