



THE PULSE

Monthly News From MONADNOCK PEER SUPPORT

Thank you to September'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
Holly and Randy Filiault
Heather Downs-Syn
Debbie Goudreau
Julie Shorbeck
Stacy Wilbur
John Letendre
Erin Michelle
Kelly Flenette
Kevin Tighe
Lisa Steadman
Rand and Joanne Desrosiers
Kelly Proulx
Sam Spielberg
Amanda Britton



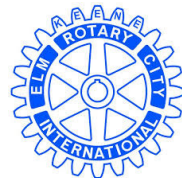
Frank White
Zachary Allen
Eleni Peterson
Lilah Marie
Michelle Lynne
Morgan Phippard
Stephanie Lynne
Kara Wallace
Katie Anna Rose
Melissa Callender
Julie Minkler
Morgan Britton



CLUB OF KEENE



Oak Meadow



THE MONADNOCK PEER SUPPORT HAUNTED HOUSE

24 Vernon St
Keene, NH 03431

6PM to 10PM both nights
\$8 per adult, \$5 per child (under 12)





A Note From Our Executive Director



Dear Friends of Monadnock Peer Support,

October is always a busy month, but this year it feels especially meaningful as we celebrate where Monadnock Peer Support has been, how much we have grown, and where we are headed next. First, I hope you'll join us for some spooky fun! On October 16th and 17th from 7pm to 10pm, MPS will transform 24 Vernon Street into a Haunted House. We are looking forward to welcoming the community on PumpkinFest weekend! Then, on October 22nd from 11am to 1pm, we will gather at MPS for our Annual Meeting. We'll share lunch, hear from speakers, reflect on FY26, and celebrate the people who made the year possible. I hope our members, partners, supporters, and friends will join us.

There is certainly a lot to celebrate. FY26 was a year of tremendous growth for MPS. The numbers from the annual report only tell part of the story. Behind every number is a person who walked through our doors looking for connection, a member who found a place where they belonged, a resident working toward their next step, or someone who discovered that they did not have to navigate a difficult season alone. That is the heart of peer support, and it remains at the center of everything we do.

As we continue to move through FY27, our focus is on building upon that momentum. We are looking at new ways to bring peer support into the community, continuing the groundwork for youth peer support, strengthening our programming, developing our new teaching kitchen, improving how we track and demonstrate our impact, and making sure MPS continues to respond to what our members and community need from us. Growth for us isn't simply about becoming bigger, it's about becoming stronger, more accessible, and more intentional about the difference we make.

On a personal note, I am settling into my role as Executive Director and continue to be grateful for the opportunity to lead this organization. There is a lot to learn, a lot to accomplish, and certainly no shortage of ideas for where we can go next! I feel blessed to work alongside an amazing team that shows up every day with compassion, creativity, humor, and a genuine commitment to the people we serve. One of the things I have come to appreciate most is that MPS isn't built by any one person. It is built by our staff, Board, members, residents, volunteers, donors, community partners, and supporters. Every person who participates in a group, shares our story, attends an event, makes a donation, partners with us, or simply tells someone that MPS is here contributes to our mission.

FY26 gave us a lot to be proud of. FY27 gives us even more to look forward to. Thank you for continuing to grow with us. I hope to see many of you at the Haunted House and, especially, at our Annual Meeting as we celebrate another year of connection, community, and peer support.

With kindness and gratitude,

Melissa Callender



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

Come Volunteer!

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

Find out more:



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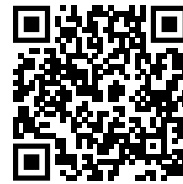
You're invited to our Annual Meeting!

Date: Thursday, October 22, 2026

Time: 11 AM to 1 PM

Location: 24 Vernon St. Lower Level

RSVP Here:



Dates to Remember



MPS Recovery Day - Thursday 10/1 - Noon to 2pm

Veteran & First Responder Breakfast - Saturday 10/3 - 9am to 10:30am

Peak Into Peterborough - Saturday 10/3 - 10am to 4pm

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

Keene Pumpkin Festival - 10/17 - 2pm

MPS Haunted House Fundraiser - Friday 10/16 + Saturday 10/17, 6pm to 10pm

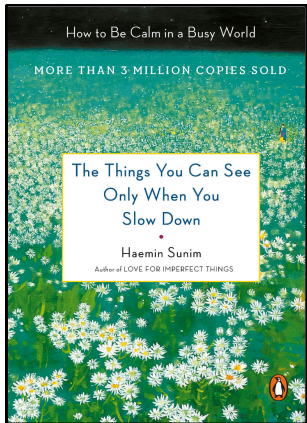
NHMHPA Monthly Zoom Meeting - Tuesday, 10/20 - 10am to 12pm

MPS Annual Meeting - Thursday, 10/22 - 11am to 1pm

Halloween Party - Friday, 10/30 - Noon to 3pm

Halloween - Saturday, 10/31

Something to Read

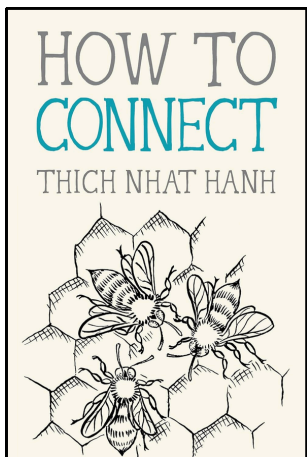


The Things You Can See Only When You Slow Down: How to Be Calm in a Busy World

Haemin Sunim

The world moves fast, but that doesn't mean we have to. This bestselling mindfulness guide by Haemin Sunim (which means "spontaneous wisdom"), a renowned Buddhist meditation teacher born in Korea and educated in the United States, illuminates a path to inner peace and balance amid the overwhelming demands of everyday life.

By offering guideposts to well-being and happiness in eight areas—including relationships, love, and spirituality—Haemin Sunim emphasizes the importance of forging a deeper connection with others and being compassionate and forgiving toward ourselves. The more than twenty full-color illustrations that accompany his teachings serve as calming visual interludes, encouraging us to notice that when you slow down, the world slows down with you.



How to Connect (Mindfulness Essentials)

Thich Nhat Hanh

With our world experiencing the deep effects of loneliness, environmental detachment, and digital overload, this pocket-sized How To book reminds us of our crucial need to connect to ourselves, our ancestors, and our planet. Written with characteristic simplicity and kindness, these wise meditations teach us how to remember, at any time, our fundamental gift of belonging.

Mental Health in the News



Maternal mental health is making headlines. Experts say it's long overdue.

By Lauren Mascarenha

Adrienne Griffen had just given birth to her second child in 2001. The "baby blues" that had quickly subsided after her first pregnancy did not seem to be going away after her second – and they were much more intense.

When she talked to her doctor, they abruptly informed her of their duty to call Child Protective Services if she hurt her children.

"I am here to get help, so I don't hurt my children," she replied.

"Well, we don't want another Andrea Yates," she recalls the doctor saying, referring to the Texas mom who drowned her five children in the bathtub that same year.

It took another six months after that conversation for Griffen to get the help she needed for her postpartum depression....

Find out
more here:





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
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September



MEMORIES



Tabling at the Veteran's Expo



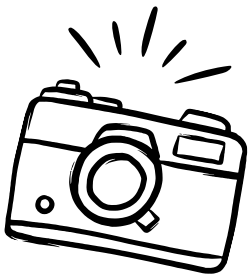
Our Amazing Race station!



AJ at Community Meeting



Enjoying homemade fried dough!



Getting some hours in with Dungeons and Dragons



On the way to the Seafood Fest



Together at KSC Recovery Walk



Dry run of the P-Fest goodies...



Vet's Breakfast set up!



Monadnock PEER SUPPORT

Make a Difference

Join Our Board

Support • Advocate • Strengthen Our Community

Our Mission

Providing mental health support to individuals seeking wellness through a mutually supportive peer environment.

Our Board plays a vital role in protecting this mission, supporting our leadership, and helping MPS grow and remain strong for the people and community we serve.

Stronger together



Board Responsibilities

As the highest leadership body of the organization, the Board is responsible for:

- ✓ Determining and protecting the mission and vision
- ✓ Selecting, supporting and evaluating the Executive Director
- ✓ Strategic and organizational planning
- ✓ Fundraising and resource development
- ✓ Ensuring strong fiduciary oversight and financial management
- ✓ Monitoring programs and services
- ✓ Enhancing the organization's public image
- ✓ Assessing the Board's own performance
- ✓ Ensuring legal and ethical integrity



What we ask of you

Board service is an active role. We ask each member to:

- ✓ Be prepared. Read and understand Board materials and financial statements before meetings.
- ✓ Show up. Attend at least 80% of Board meetings each year, and participate conscientiously.
- ✓ Join a committee. Participate fully in at least one Board committee or task force.
- ✓ Be an ambassador. Share the MPS mission, build community relationships, identify partnerships and help increase awareness.
- ✓ Support fundraising. Make a meaningful personal financial contribution each year and get involved in fundraising efforts.
- ✓ Keep learning. Take opportunities to better understand the community we serve.
- ✓ Respect lived experience. Value and respect the voices and experiences of all who bring their perspectives to the Board room.
- ✓ Protect the organization. Follow MPS bylaws, policies and resolutions. Maintain confidentiality. Disclose conflicts of interest. Uphold your legal duties as a nonprofit Board member.

Board Meeting Schedule

What is Lived Experience?

An individual with or at risk of having a serious mental illness, a co-occurring mental illness, a person who has received mental health services and / or someone who supports a family member who experiences mental illness.

Board Terms and Composition

- Terms are for three years
- No more than 20% of Board members may serve more than six consecutive years
- At least 51% of Board members must have lived experience

Interested in Joining us?

We would love to talk with you about MPS, our Board and how your experience and interests could contribute to our mission! Please connect with the person who shared this flyer with you, and they can let you know the next steps!

- Board of Directors
4th Thursday of the month - 5:30pm to 7pm
- Safety Committee
1st Monday of the month - 2pm to 3pm
- Governance Committee
1st Thursday of the month - 5:30pm to 6:30pm
- Fundraising Committee
3rd Monday of the month - 4pm to 5pm
- Finance Committee
3rd Thursday of the month - 5:30pm to 6:30pm



Monadnock
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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:

Saturday–Thursday, 4–9 PM

Friday, 4–8 PM

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



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PEER SUPPORT

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

Place
Postage
Here

