



THE PULSE

Monthly News From MONADNOCK PEER SUPPORT

Thank you to June'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.

Kevin Tighe

Sam Spielberg

Zachary Allen

Timothy Weeks

John Letendre

Melissa Callender

Morgan Britton

Karen Richi

Julie Winkler

Lisa Steadman

Kelly Proulx

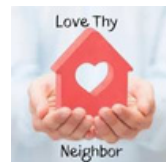


Stacy Wilbur



Julie Shorbeck

Eleri Peterson



Thank you to everyone who came to our yard sale and to all our staff and volunteers who helped make it happen! We raised over \$670!



A Note From the Executive Director



As we begin a new fiscal year at Monadnock Peer Support, I find myself reflecting on the journey ahead and the many people who will walk through our doors seeking support, connection, understanding, and hope.

Every day, we have the privilege of welcoming individuals exactly as they are. Whether someone is taking their first step, navigating a difficult season of life, or simply looking for a place where they belong, our commitment remains the same: to meet people where they're at, with compassion, dignity, and the belief that mental health recovery is possible.

I am continually inspired by our incredible team. Their dedication, lived experience, professionalism, and genuine care for others are the heart of everything we do. They show up each day ready to listen, support, encourage, and help others discover their own path forward. Because of them, Monadnock Peer Support continues to be a place where people can find connection, purpose, and community.

This new year brings exciting opportunities for growth. Guided by our strategic plan, we are working toward expanding services into additional communities throughout the Monadnock Region, increasing access through mobile outreach, launching a youth peer support pilot program, strengthening aftercare support for individuals transitioning from SUSD services, and building sustainable fundraising efforts that will allow us to reach even more people in need. These goals are ambitious, but they reflect the growing need for peer support and our belief that everyone deserves access to recovery-oriented services close to home.

As we move forward, we will do so the same way recovery happens, one step at a time, one day at a time. Mental health recovery is rarely about giant leaps. It is built through small moments of courage, connection, and persistence. The same is true for organizations. Progress happens through consistent effort, meaningful relationships, and a shared commitment to a vision of something better. Moving into July, I am filled with hope. Hope for the individuals we will serve. Hope for the communities we will reach. Hope for the partnerships we will build. And hope for a future where no one has to face life's challenges alone. Thank you for being part of this journey. Together, we will continue moving forward, creating opportunities for connection, recovery, and belonging throughout our region.

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



Support Monadnock Peer Support
at Keene's Revo Casino
July 30, 2026 - August 8, 2026



Did you know we offer all
these services for **FREE?!?**

- Support Groups
- Life Skills Classes
- Cooking Groups
- Transportation
- Use of our gym
- Personal Training
- Group Fitness
- Crisis Respite
- Transitional Living
- Weekly Shopping Trip
- Monthly Field Trips
- Holiday Celebrations
- One-on-One Support
- Connect to Resources

Scan to learn more:



Dates to Remember



Independence Day Celebration - Friday, 7/3 - 12pm to 3pm

Center Closed in Observance of Independence Day - July 6th

Gardening with Eli - Friday, 7/10 AND 7/24- 10am to 11am

Tye Dye Friday - Friday, 7/10 - 1:30pm to 3:30pm

Lunch & Learn - Community Meeting - Monday, 7/13 - 12pm to 1pm

Trip to Wheelock Park - Tuesday, 7/14 - 1pm to 4pm

NHMHPA Monthly Zoom Meeting - Tuesday, 7/21 - 10am to 12pm

MPS Board Meeting - Thursday, 7/23 - 5:30pm to 7pm

Picnic in the Park & Music Appreciation - Friday, 7/24 12pm to 3pm

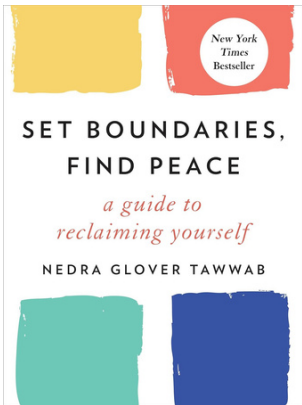
Ice Cream Social - Friday, 7/31 - 1:30pm to 3:30pm

Something to Read



Set Boundaries, Find Peace: A Guide to Reclaiming Yourself

By Nedra Glover Tawwab

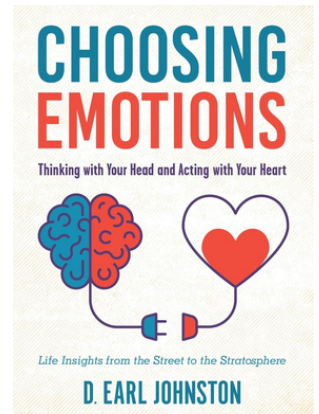


Healthy boundaries. We all know we should have them--in order to achieve work/life balance, cope with toxic people, and enjoy rewarding relationships with partners, friends, and family. But what do "healthy boundaries" really mean--and how can we successfully express our needs, say "no," and be assertive without offending others? Licensed counselor, sought-after relationship expert, and one of the most influential therapists on Instagram Nedra Glover Tawwab demystifies this complex topic for today's world. In a relatable and inclusive tone, *Set Boundaries, Find Peace* presents simple-yet-powerful ways to establish healthy boundaries in all aspects of life. Rooted in the latest research and best practices used in cognitive behavioral therapy (CBT), these techniques help us identify and express our needs clearly and without apology--and unravel a root problem behind codependency, power struggles, anxiety, depression, burnout, and more.

Choosing Emotions: Thinking with Your Head and Acting with Your Heart

By D. Earl Johnston

*Why do people act that way? How can I feel better? Make friends with your inner voice. Start with putting words to your emotions. Most people have words for only a fraction of what they really feel. So they react instead of respond. They manage instead of master. This book gives you the specific words and phrases to change that. *Choosing Emotions* is the most comprehensive consumer reference on emotions in the English language. Endorsed by physicians, CEOs, Emmy-winning filmmakers, judges, and elite athletes, *Choosing Emotions* unites 272 emotions and 8,000+ insights from peak performers, artists, scientists, and philosophers who share their own experiences and help navigating the range of emotions. D. Earl Johnston is a multi-field researcher and lexicographer. He spent nine years investigating new theory about emotions, distilling wisdom books through the latest news in health and science on emotions, and drawing insights from world-class voices in psychology, neuroscience, philosophy, and literature.*



Mental Health in the News

How the 1-1-1 Journaling Method Can Help You Reflect Effectively

New York Times bestselling author Sahil Bloom joins TODAY to discuss his new book "The 5 Types of Wealth" and shares tips that can lead to a more fulfilling life. He shares his "main character" question that helps people address what needs to change in their lives, reveals his 1-1-1 method that takes the burden out of journaling, and explains why it's important to identify anti-goals.



Watch the video:





30-Minute Turkey Chili

Ingredients:

- 3 Tbsp Extra-Virgin Olive Oil
 - 1 Medium Yellow Onion, chopped
 - 5 Cloves Garlic, minced
 - 1 TBSP Kosher Salt
 - 2tsp Chili Powder
 - 1tsp Dried Oregano
 - 1 TBSP Tomato Paste
 - 1 Chipotle in Adobo, coarsely chopped plus 1 tablespoon of the Adobo sauce
 - One 14 1/2-ounce Can Whole Peeled Tomatoes, with their juice
 - One 15 1/2-ounce Can Kidney Beans, rinsed and drained
 - 1lb Ground Turkey
- Optional garnishes: Sliced scallions, cilantro sprigs, avocado, sour cream, grated Monterey jack cheese, and/or tortilla chips



Directions:

Heat the olive oil in a large, heavy skillet over medium-high heat. Add the onion, garlic, salt, chili powder, and oregano and cook, stirring, until fragrant, about 3 minutes. Stir in the tomato paste and the chipotle chile and sauce; cook 1 minute more. Add the turkey, breaking it up with a wooden spoon, and cook until the meat loses its raw color, about 3 minutes. Add the beer and simmer until reduced by about half, about 8 minutes. Add the tomatoes--crushing them through your fingers into the skillet--along with their juices and the beans; bring to a boil. Cook, uncovered, stirring occasionally, until thick, about 10 minutes. Ladle the chili into bowls and serve with the garnishes of your choice.

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

June

MEMORIES



Sound bath time!



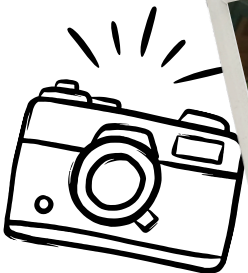
Meeting with Ryan and Kris!



Cooking with Kelly!



Construction continues!



Successful Hike at Goose Pond!



Enjoying the fruits of labor!



Taking on new roles!



Lemonade stand at the yard sale!



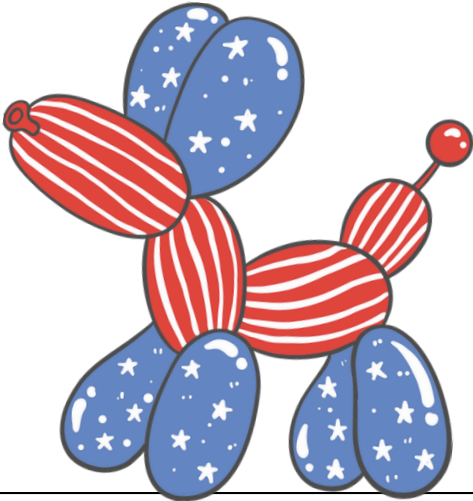
Setting up the yard sale!





Monadnock
PEER SUPPORT

USA



9	8	5	4		1			
				3				
1		6						
			5					
4		2			9			3
	9			6	3	4		
	6			1				
			3		6			5
2				8				1

Mental health check in

DATE _____

HOW ARE YOU FEELING TODAY?

WHAT HAVE BEEN YOUR THREE
DOMINANT EMOTIONS THIS WEEK?

WHAT DO YOU FEEL GOOD ABOUT
RIGHT NOW?



HOW CAN YOU IMPROVE YOUR
MENTAL HEALTH?

THINGS THAT TRIGGERS NEGATIVE
EMOTIONS

MY RANKING OF MY MENTAL
HEALTH THIS WEEK





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:
Sunday–Thursday, 4–9 PM
Friday, 4–8 PM
Saturday, 4–9 PM

Call us at 603-352-5094, 603-543-1388 or toll free in NH at 888-582-0920



Monadnock
PEER SUPPORT

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

Place
Postage
Here

