



Monadnock
PEER SUPPORT

THE PULSE

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.

Stacy
Wilbur



Dan
Therrien

Scan to
donate online:



Sheila
Hendrickson

Kevin
Tighe

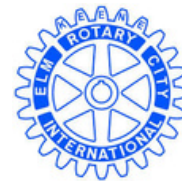
Eli & Jen
Rivera

Devan
Blake

Shan
Kittredge

Tara
Abbott

Timothy
Weeks



Sam
Spielberg

Eleri
Peterson

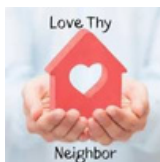
Melissa
Callender

Karen
Richi

Chris
Minkler

Don & Debbie
Gondreau

Julie
Minkler



Jennifer
Friedman



thank you

EVERSOURCE
ENERGY

We extend our heartfelt gratitude to Eversource Energy for granting us a Community Grant to support our initiative: Developing Sustainable Life Skills for Adults with Mental Illness. Your generosity truly means the world to us! This grant will empower us to provide essential resources and programs aimed at enhancing the quality of life for adults facing mental health challenges. By focusing on sustainable life skills, we aim to foster independence, resilience, and self-confidence in our participants.



A note from Eli



It's been just over two months since I joined MPS as the Interim Executive Director, and I have to say I have enjoyed every single moment of it. Learning the meaning of Peer Support has made me grow as a person and enriched my interest in learning how valuable we are to our community. Terms such as "Question of Curiosity", "Power and Privilege", "Mutuality", "Intentional Peer Support" and "Nothing About Me, Without Me" are terms that are powerful and meaningful in the peer support arena. Each day, I try to immerse myself deeper into the understanding of peer support and how our team at MPS is and continues to be one of the greatest asset to this community, and the answer is easy. We are because we care, we care because we don't judge, we care because we provide a safe place for people who are typically pushed away, we care because we have had our own lived experiences, we care because of our love for humanity. We set boundaries and rules out of kindness and respect, we build on community to show love for each other, and we welcome you with open arms because we understand your struggles. While construction has disrupted some of our programs and it has been a little noisy around the center, we just cannot wait to show off all the improvements once completed; New accessibility for all, inside stairs, a new lula system, renovated residential rooms and lounge, residential kitchenette, new office space, and much more!

With kindness, Eli

Thank you to everyone who joined us at our Floating Lanterns Festival on June 1st!



ANNOUNCEMENTS



WE ARE HIRING

We are seeking part time and per diem overnight staff! Please visit our website for more information!



Our Board is in search of additional board members who possess the skills, experience, and values that will assist MPS in advancing its mission. To learn more, please contact Eli Rivera at Eli@MonadnockPSA.org

Dates to Remember



4th of July Celebration - Thursday, 7/3

Center Closed for July 4th - Friday, 7/4

Trip to Rhododendron State Park - Wednesday, 7/9 - 10am to 2pm

Trip to the YMCA - Friday, 7/11 - 1:30pm to 3:30pm

Lunch & Learn - Community Meeting - Tuesday, 7/15 - 12PM

Ice Cream Sundae Bar - Friday, 7/28 - 12pm to 2pm

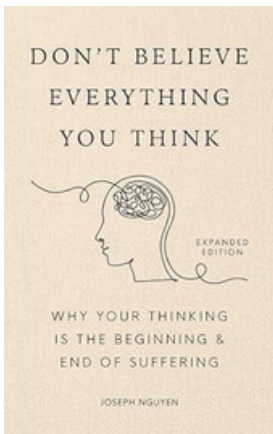
Community Clean-Up - 7/23 - 9:45am to 11am

MPS Board Meeting - Thursday, 7/24 - 5:30 PM

Tie Dye Friday, Friday, 7/25 - 1pm to 3:30pm

Don't Believe Everything You Think

By Joseph Nguyen

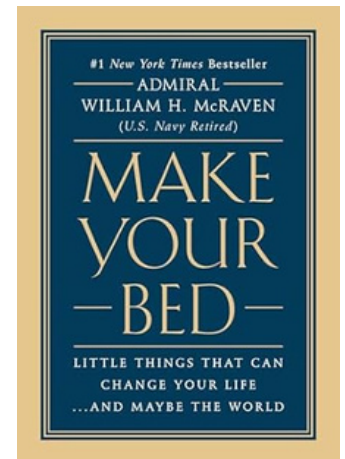


No matter what has happened to you, where you are from, or what you have done, you can still find total peace, unconditional love, complete fulfillment, and an abundance of joy in your life. No person is an exception to this. Darkness only exists because of the light, which means even in our darkest hour, light must exist. Within these pages, you'll find timeless wisdom to empower you with the understanding of our mind's infinite potential to create any experience of life we want, regardless of external circumstances. Don't Believe Everything You Think is not about rewiring your brain, rewriting your past, or positive thinking. We cannot solve our problems with the same level of consciousness that created them. Tactics are temporary. An expansion of consciousness is permanent. This book was written to help you go beyond your thinking and discover the truth of what you already intuitively know deep inside your soul.

Make Your Bed: Little Things That Can Change Your Life...And Maybe the World

By William H. McRaven

If you want to change the world, start off by making your bed. On May 17, 2014, Admiral William H. McRaven addressed the graduating class of the University of Texas at Austin on their Commencement day. Taking inspiration from the university's slogan, "What starts here changes the world," he shared the ten principles he learned during Navy Seal training that helped him overcome challenges not only in his training and long Naval career, but also throughout his life; and he explained how anyone can use these basic lessons to change themselves-and the world-for the better. Admiral McRaven's original speech went viral with over 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts tales from his own life and from those of people he encountered during his military service who dealt with hardship and made tough decisions with determination, compassion, honor, and courage.



Mental Health in the News

New Hampshire City Where "Jumanji" was Filmed Celebrates 30th Anniversary

Via CBS News

A crowd turned out to watch a long-haired, bearded Williams run down the street in a leaf-adorned tunic. In the movie, he had just been freed from the game that had trapped him as a boy for years. "He's shorter than I thought he was!" one viewer said, according to local chronicler Susan MacNeil's book, "When Jumanji Came to Keene." Others said, "He has great legs — muscular, isn't he? But so hairy!" and "Isn't he freezing dressed like that?" The mayor honored him with a key to the city. Williams, noticing the mayor was a bit shorter, suddenly announced at the presentation, "I am the mayor of Munchkinland," with a voice to match, City Councilor Randy Filiault recalled. He stayed in character for 15 to 20 minutes, "just bouncing off the walls," approaching people in the audience and pulling their hats over their eyes. Eventually, he stopped, ending with a solemn "Thank you," Filiault said. "I am really seeing something cool here," Filiault remembered thinking. "How fortunate we were." When Williams died by suicide in 2014, people left flowers and photos beneath a painted "Parrish Shoes" wall sign advertising a fictional business left over from "Jumanji." Former Keene police officer Joe Collins, who was assigned to watch over then-child actors Kirsten Dunst and Bradley Pierce, also died by suicide, last year. Festival organizers planned a discussion about mental health and suicide prevention to pay tribute to Williams and Collins.



Read the
full article:





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Center Hours:</p> <p>Upstairs Monday-Friday 9am to 5:00pm</p> <p>Downstairs Monday - Friday 9am to 6:00pm</p> <p>24 Vernon Street Keene, NH 03431 603-352-5093</p> <p>Joining us via zoom?</p> <p>Zoom ID: 603 352 5094</p>	<p>1</p> <p>Check-in 9:00am to 9:30am</p> <p>Trauma Survivors 11:30am to 12:30pm</p> <p>IPS Skills 1pm to 2pm</p> <p>Women's Group 2pm to 3pm</p> <p>Tea Time 3pm to 4pm </p> <p>Addiction and Recovery 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p>	<p>2</p> <p>Check-in 9:00am to 9:30am</p> <p>Healthy Eating 11:30am to 12:30pm</p> <p></p> <p>Van Shopping Trip* 12:30pm to 2:30pm</p> <p>Fit & Active 1pm to 1:45pm</p> <p>Beyond the Diagnosis 2pm to 3pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Bipolar/Depression 5:00pm to 6:00pm</p>	<p>3</p> <p>Check-in 9:00am to 9:30am</p> <p>4th of July Celebration 11am to 1pm</p> <p></p> <p>Isolation Support 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Autism Group 6:30pm to 8pm</p>	<p>4</p> <p>Sorry we're CLOSED</p> <p>4th of July</p>
<p>7</p> <p>Check-in 9:00am to 9:30am</p> <p>Fit & Active 11am to 11:45am</p> <p>Building Boundaries 11:50am - 12:30pm</p> <p> Gaming 1pm to 2:30pm</p> <p>Feelings of Anger 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Domestic Violence Survivors 5:00pm to 6:00pm</p>	<p>8</p> <p>Check-in 9:00am to 9:30am</p> <p>Trauma Survivors 11:30am to 12:30pm</p> <p>IPS Skills 1pm to 2pm</p> <p>Women's Group 2pm to 3pm</p> <p>Tea Time 3pm to 4pm </p> <p>Addiction and Recovery 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p>	<p>9</p> <p>Check-in 9:00am to 9:30am</p> <p>Trip to Rhododendron State Park in Fitzwilliam 10am-2pm</p> <p></p> <p>Beyond the Diagnosis 2pm to 3pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Bipolar/Depression 5:00pm to 6:00pm</p>	<p>10</p> <p>Check-in 9:00am to 9:30am</p> <p>Life Skills 11:30am to 12:30pm</p> <p>Munchies and Movies 12:30pm - 2pm</p> <p>MOVIE TIME </p> <p>Isolation Support 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Autism Group 6:30pm to 8pm</p>	<p>11</p> <p>Check-in 9:00am to 9:30am</p> <p>Anxiety and Depression 11:30am to 12:30pm</p> <p>Community Lunch 12pm to 1pm</p> <p>LOVE TIME</p> <p>Trip to the YMCA 1:30pm to 5:30pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Veterans Group 5:00pm to 6:00pm</p>
<p>14</p> <p>Check-in 9:00am to 9:30am</p> <p>Fit & Active 11am to 11:45am</p> <p>Building Boundaries 11:50am - 12:30pm</p> <p> Gaming 1pm to 2:30pm</p> <p>Feelings of Anger 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Domestic Violence Survivors 5:00pm to 6:00pm</p>	<p>15</p> <p>Check-in 9:00am to 9:30am</p> <p>Trauma Survivors 11:30am to 12:30pm</p> <p>Lunch & Learn Community Meeting 12pm-1pm</p> <p>IPS Skills 1pm to 2pm</p> <p>Women's Group 2pm to 3pm</p> <p>Tea Time 3pm to 4pm </p> <p>Addiction and Recovery 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p>	<p>16</p> <p>Check-in 9:00am to 9:30am</p> <p>Healthy Eating 11:30am to 12:30pm</p> <p></p> <p>Van Shopping Trip* 12:30pm to 2:30pm</p> <p>Fit & Active 1pm to 1:45pm</p> <p>Beyond the Diagnosis 2pm to 3pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Bipolar/Depression 5:00pm to 6:00pm</p>	<p>17</p> <p>Check-in 9:00am to 9:30am</p> <p>Life Skills 11:30am to 12:30pm</p> <p>Munchies and Movies 12:30pm - 2pm</p> <p>MOVIE TIME </p> <p>Isolation Support 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Autism Group 6:30pm to 8pm</p>	<p>18</p> <p>Check-in 9:00am to 9:30am</p> <p>Anxiety and Depression 11:30am to 12:30pm</p> <p>Community Lunch Ice cream Sundae Bar 12pm to 2pm</p> <p>LOVE TIME</p> <p>Jammin in the Gym 2pm to 2:45pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Veterans Group 5:00pm to 6:00pm</p>
<p>21</p> <p>Check-in 9:00am to 9:30am</p> <p>Fit & Active 11am to 11:45am</p> <p>Building Boundaries 11:50am - 12:30pm</p> <p> Gaming 1pm to 2:30pm</p> <p>Feelings of Anger 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Domestic Violence Survivors 5:00pm to 6:00pm</p>	<p>22</p> <p>Check-in 9:00am to 9:30am</p> <p>Trauma Survivors 11:30am to 12:30pm</p> <p>IPS Skills 1pm to 2pm</p> <p>Women's Group 2pm to 3pm</p> <p>Tea Time 3pm to 4pm </p> <p>Addiction and Recovery 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p>	<p>23</p> <p>Check-in 9:00am to 9:30am</p> <p>Community Clean up 9:45am-11am</p> <p>Healthy Eating 11:30am to 12:30pm</p> <p></p> <p>Van Shopping Trip* 12:30pm to 2:30pm</p> <p>Fit & Active 1pm to 1:45pm</p> <p>Beyond the Diagnosis 2pm to 3pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Bipolar/Depression 5:00pm to 6:00pm</p>	<p>24</p> <p>Check-in 9:00am to 9:30am</p> <p>Life Skills 11:30am to 12:30pm</p> <p>Munchies and Movies 12:30pm - 2pm</p> <p>MOVIE TIME </p> <p>Isolation Support 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Monthly Board Meeting 5:30pm to 7pm</p> <p>Autism Group 6:30pm to 8pm</p>	<p>25</p> <p>Check-in 9:00am to 9:30am</p> <p>Anxiety and Depression 11:30am to 12:30pm</p> <p>Community Lunch 12pm to 1pm</p> <p>LOVE TIME</p> <p>Tie Dye Friday 1pm-3:30pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Veterans Group 5:00pm to 6:00pm</p>
<p>28</p> <p>Check-in 9:00am to 9:30am</p> <p>Fit & Active 11am to 11:45am</p> <p>Building Boundaries 11:50am - 12:30pm</p> <p> Gaming 1pm to 2:30pm</p> <p>Feelings of Anger 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Domestic Violence Survivors 5:00pm to 6:00pm</p>	<p>29</p> <p>Check-in 9:00am to 9:30am</p> <p>Trauma Survivors 11:30am to 12:30pm</p> <p>IPS Skills 1pm to 2pm</p> <p>Women's Group 2pm to 3pm</p> <p>Tea Time 3pm to 4pm </p> <p>Addiction and Recovery 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p>	<p>30</p> <p>Check-in 9:00am to 9:30am</p> <p>Healthy Eating 11:30am to 12:30pm</p> <p></p> <p>Van Shopping Trip* 12:30pm to 2:30pm</p> <p>Fit & Active 1pm to 1:45pm</p> <p>Beyond the Diagnosis 2pm to 3pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Bipolar/Depression 5:00pm to 6:00pm</p>	<p>31</p> <p>Check-in 9:00am to 9:30am</p> <p>Cheshire Fair Trip 10am-3pm**</p> <p></p> <p>Isolation Support 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Autism Group 6:30pm to 8pm</p>	<p></p>

Updated 6.20.25 SW

Subject to change without notice

Group Descriptions

Addiction and Recovery

The purpose of the group is to act as a support system for each other. We talk openly and honestly about our addiction and recovery. This group provides us with a safe place to talk about these issues and aims to give us a sense of hope for the future.

Anxiety and Depression

This group offers a non-judgment arena for peers to talk openly and honestly about their anxiety, depression and mental health and how they intertwine with each other. The group will remain confidential and offer support and empathy through sharing and discussion.

Autism Group

This group is a wonderful opportunity for adults with autism to come together, socialize, and just have fun! This well-established group provides a space in which adults on the autism spectrum can support one another by cultivating connections through fun, group-chosen activities, and entertaining social interaction. All group members choose group activities together.

Beyond Bi-Polar/Depression

The purpose of this group is to provide us with the opportunity to talk honestly 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.

Building Boundaries

Setting boundaries is an important part of establishing one's identity and is a crucial aspect of mental health and wellbeing. Boundaries can be physical or emotional, and they can range from being loose to rigid, with healthy boundaries often falling somewhere in between. Learning to show compassion and kindness to yourself is crucial in setting healthy boundaries. This group is a confidential opportunity to discuss what healthy boundaries are and how to set them, why healthy boundaries are important for self-care, and how to explain boundaries to adults and children.

Beyond The Diagnosis

This support group is for those individuals who have been diagnosed with a mental, medical, or physical condition, and would like to share with others about what that means for them. The group discussions may talk about topics such as, how they felt when they were first diagnosed, how their worldview may have changed their life, and the stigma around it.

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"

Domestic Violence Survivors workshop group

Designed to be a safe, confidential space for domestic abuse victims, survivors, and advocates to come together and share their experiences and lean on one another, Our group offers a space to connect with other survivors and support victims cope with domestic violence while building healthy friendships and relationships and available to either men or women.

Fit & Active

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

Feelings Of Anger

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.

Gaming Group

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

Healthy Eating Group

Come learn how to make healthy recipes and after you get to sample your healthy creations!

Isolation Support

This is a safe space designed for us to come together to address our concerns and feelings of isolation, that may bring us sadness, fear, etc. Sometimes, just being able to get together and play a game feels a lot better than being alone.

IPS Skills

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

Jammin' in the Gym

Join us in the gym as we listen to some tunes and get our bodies moving.

Life Skills

This group is where we can lean on one another to learn life skills to be more independent. This could be anything ranging from sewing , cooking, finances, meal planning, cleaning and more. A modern-day home ec!

Tea Time

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

Trauma Survivors

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

Veteran's Group

This group enhances communication and fosters bonds among Veterans. We meet to find friendship and brotherhood, share resources, and most of all to give each other support.

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.



Italian Pasta Salad

Ingredients

1lb Radiatori Pasta

1 1/2c Store-Bought Pesto

1/2c Mayo

1/2c Sun-Dried Tomatoes, chopped

2c Packed Baby Arugula



Directions

Cook the pasta according to the package instructions. Drain and rinse with cold water. In a large mixing bowl, add the cooked pasta, pesto, mayo, sun-dried tomatoes, and arugula. Mix until everything is combined. Add salt and pepper to taste. You can eat it immediately or store it in an airtight container in the fridge for up to 5 days.

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.

June

MEMORIES



Staff Development Trip!



Axe Throwing Trip!



Table at Junanji Event!



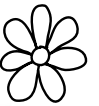
Ice Cream Social!



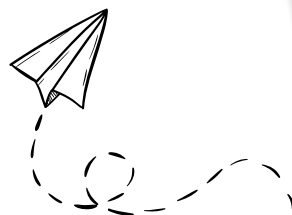
Hi Shan!



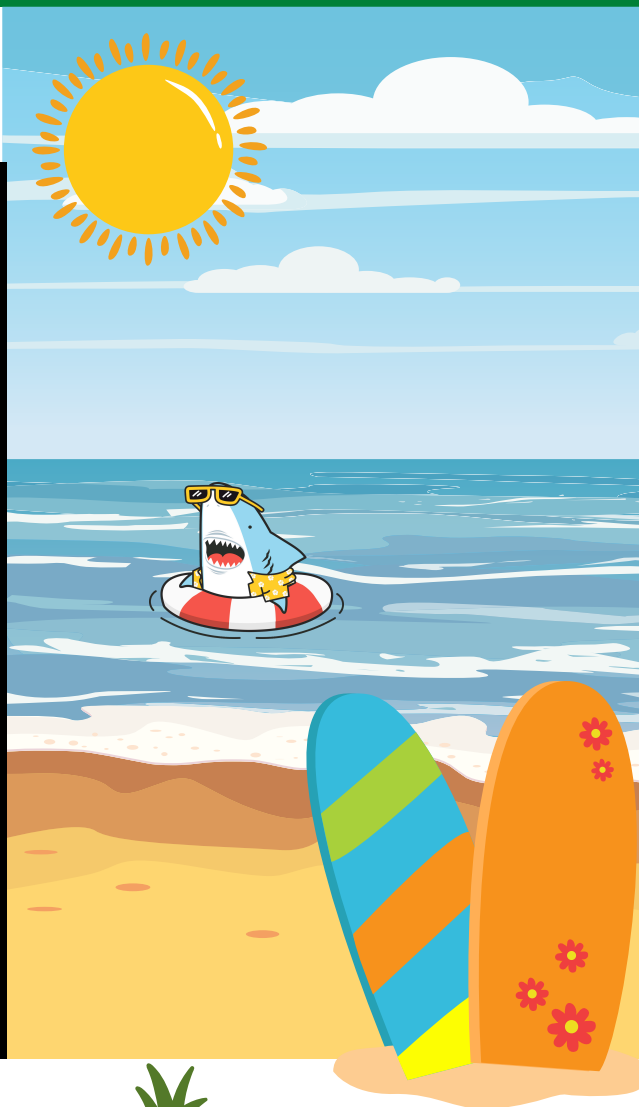
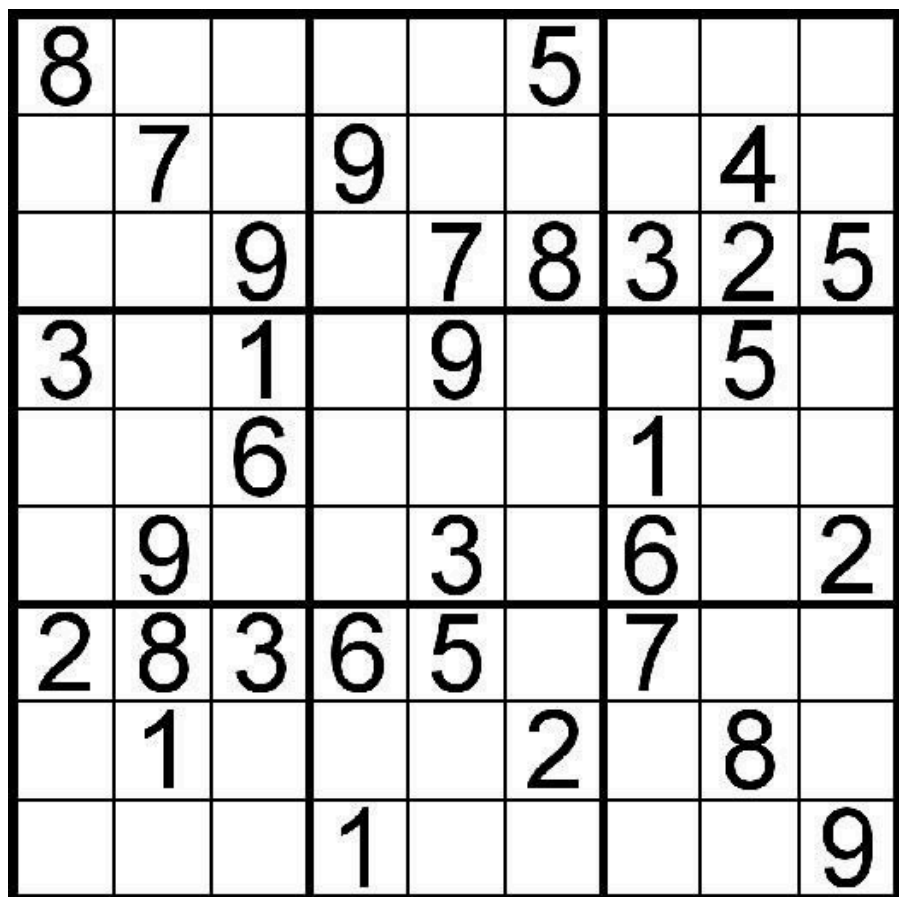
Renovation Progress!



Out for a walk!



Community Meeting!



Ice Cream Flavors



C	A	S	A	H	O	K	E	Y	P	O	K	E	Y
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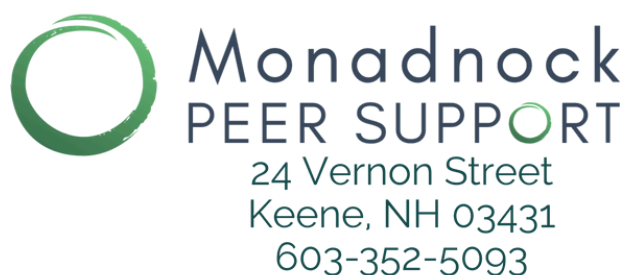
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VANILLA
FUDGE
ROCKY ROAD
COOKIE DOUGH
NEOPOLITAN
COTTON CANDY
HOKEY POKEY
CHOCOLATE
MOOSE TRACKS
GREEN TEA
TIGER TAIL
PECAN
REESES
BANANA



Monadnock PEER SUPPORT 30 FOR 30



Join Monadnock Peer Support as we celebrate 30 years of peer-led mental health support in the Monadnock region! We're marking this incredible milestone with our 30 for 30 Campaign! Our goal is to raise \$30,000 from 1,000 people each giving just \$30. Every dollar supports our mission of providing mental health support for individuals seeking wellness in a mutually supportive peer community.



Place
Postage
Here

