



THE PULSE

Thank you to July'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

Shan Kittredge



Dan Therieau

Scan to donate online:



Kevin Tighe

Timothy Weeks

Sam Spielberg



Karen Richi

Tara Abbott

Chris Minkler



Eleni Peterson

Devan Blake

Melissa Callender

Jennifer Friedman

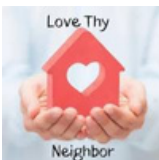


Zachary Allen

Julie Minkler



Amanda & Shawn Maguire



We look forward to seeing you at our Annual Meeting, scheduled for 5:30 PM on Thursday, October 23, 2025.

The meeting will take place at Delegation Hall, conveniently located just around the corner on the second floor of the courthouse building. We invite all members and supporters to join us as we reflect on this year's achievements and discuss exciting plans for the future. It's a wonderful opportunity to connect with fellow community members, share ideas, and celebrate our collective impact. Refreshments will be provided, and we'll also feature a special presentation highlighting some of our key initiatives and success stories from the past year. We hope you can join us for an evening of inspiration and community spirit!

A note from Eli



We have just ended fiscal year 2024-2025, with many exciting things have happened, the renovation, the purchase of a new replacement vehicle, new equipment for our fitness center, and an increase in outreach visibility through our amazing pop-up tents. The Floating Lantern Festival attracted some fantastic sponsors, and the community continues to support MPS with open arms. As we begin the new fiscal year, we have great plans and look forward to hosting our open house to share our renovated facility with you. Becoming Interim Executive Director has been very rewarding; the personal enrichment and knowledge I have gained through the work the staff does every day, as well as the people we serve, have been invaluable. The dedication of our staff to our members is impressive, and I want to thank you for your dedication. We continue to stay focused on our mission to provide intentional peer support to our members and providing a judgement free environment at all times. The appreciation we see from our members for having a place to go and be supported is rewarding. Each and every day that we open our doors, we bring hope to someone, and that is why I ask you to support our 30 for 30 fundraising campaign \$30 for 30 years of service from 1000 people so that we can continue to provide peer-led mental health support at no-cost (yes, you heard me right at no cost) to our members, whether it is through groups or our residential services, every donation counts. Providing mental health support for individuals seeking wellness through a mutually support peer community is our mission.

Thank you to those who donated to our 30 for 30 Campaign in July!

Monadnock
PEER SUPPORT
30 FOR 30

- Carol Jue
- Susan Chollet
- Lara De Lucca
- Tom Duston
- Melissa Callender
- Laura Judge
- Lee Johndrow
- Eli Rivera
- Peter Starkey
- Tara Abbott
- Angela Carraras
- Kimberly Rumrill
- Julie Pearson
- Rebecca Beaton
- Timothy Weeks
- Cameron Tease



ANNOUNCEMENTS



Please join us for a FREE, six-week therapeutic yoga series for trauma recovery. The series will be held on Mondays beginning September 22, 2025. Classes will be held from 6:30pm to 8pm.



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



Trip to the YMCA - Friday, 8/8 - 1:30pm to 3:30pm

Trip to Ware's Grove Beach - Tuesday, 8/12 - 10am to 2pm

Ice Cream Sundae Bar - Friday, 8/15 - 12pm to 2pm

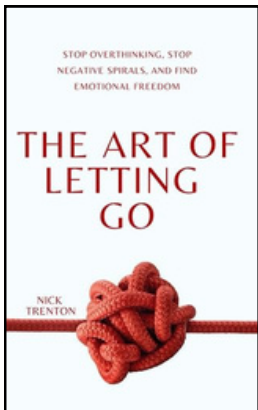
Lunch & Learn - Community Meeting - Tuesday, 8/19 - 12PM to 1pm

Community Clean-Up - 8/20 - 9:45am to 11am

Tie Dye Friday, Friday, 8/22 - 1pm to 3:30pm

MPS Board Meeting - Thursday, 8/28 - 5:30 PM

Trip to the YMCA - Friday, 8/29 - 1:30pm to 3:30pm



The Art of Letting Go

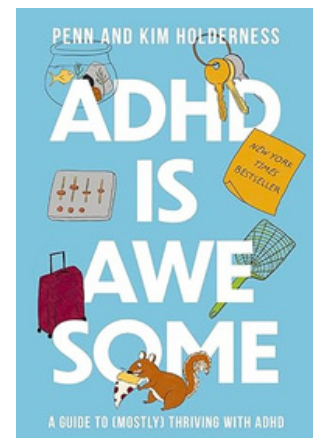
By Nick Trenton

Your mind should be your safe zone, not the noisiest place in the world. Restore your inner peace. If you are always on edge and unable to relax, this book is for you. Choose the pace that you want to live life at – you DO have a choice. Control your thoughts; control your life; control your happiness. The Art of Letting Go is all about organizing the mess in your mind. It's about how to stop focusing on the past that is over, or the future that may never occur, and being present in the situations that you can actually have agency in. It's about how to rewire the anxious connections in your brain, and switch your mental programming and beliefs. It's about understanding that our brains are made for 10,000 BC, and that you can afford to let your guard down. It's about trusting that things will be okay. How to control your self-talk and transform your internal worldview.

ADHD is Awesome

By Penn and Kim Holderness

The engaging, uplifting antidote to traditional ADHD books (which, let's be honest, if you have ADHD you'd never read anyway). You live in a world that wasn't designed for you. A world where you're expected to sit still, stay quiet, and focus. Because of the way your brain is wired, you can feel like you're failing at life. But you are not failing. You are awesome. Award-winning content creators Kim and Penn Holderness are on a mission to reboot how we think about the unfortunately named "attention-deficit/hyperactivity disorder." As always, they are doing it by looking in the mirror, because they don't just study ADHD; they live it. Penn was in college when he was diagnosed with ADHD, although the signs of having a brain that worked just a little bit differently had been there since he was a kid. Rather than view the diagnosis as a curse or give in to feelings of inadequacy or failure, he took a different approach, one that he wants to share with fellow ADHDers and the people who care about them.



Mental Health in the News

After quitting antidepressants, some people suffer surprising, lingering symptoms

By: Emily Corwin



Some people say antidepressants left them with debilitating symptoms for years – even decades – after going off the medications. Their ranks are growing online as they push for recognition and research. Phillipa Munari started antidepressants in 2003. Her doctor recommended one, she said, after she complained of feeling tired. She didn't think it helped, but she kept taking it anyway. When she decided to stop taking the drug 10 years later, her doctor helped her taper off it. At first, this went fine. "And then, six to nine months later, I started feeling horrible," she said. "I had nerve pain. My neck and shoulders were sore all the time. My anxiety was through the roof." These were symptoms Munari had never experienced before.

Munari, who lives in New Brunswick, Canada, said she became so exhausted and physically weak she found it difficult to continue her job at a call center. She spent much of the next two years in bed. To receive disability, she agreed to go back on the drug she'd been on, Effexor. She then weaned off it again, this time much more slowly. The nerve pain and exhaustion gradually improved, she said, but the anxiety got worse.

"I had complete panic. I couldn't leave the house," she said. Driving in the car, she said, "I'd be in the passenger seat with my eyes closed." It took two more years before things began to improve, she said in an interview as she choked up. Munari is one of the tens of thousands of people who have turned to online forums to discuss lasting health problems after going off antidepressants. Many say their doctors didn't warn them this could happen, and didn't believe them when they said they were having a problem.

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>Anxiety and Depression 10:30am to 11:30am</p> <p>Community Lunch 12pm to 1pm</p> <p></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>4</p> <p>Check-in 9:00am to 9:30am</p> <p>Building Boundaries 10:30am - 11:30am</p> <p>Fit & Active 11:45am to 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>5</p> <p>Check-in 9:00am to 9:30am</p> <p>Trauma Survivors 10:30am to 11:30am</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 5pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p>	<p>6</p> <p>Check-in 9:00am to 9:30am</p> <p>Healthy Eating 10:30am 12:00pm</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>7</p> <p>Check-in 9:00am to 9:30am</p> <p>Life Skills 10:30am to 11:30am</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>8</p> <p>Check-in 9:00am to 9:30am</p> <p>Anxiety and Depression 10:30am to 11:30am</p> <p>Community Lunch 12pm to 1pm</p> <p></p> <p>Trip to the YMCA 1:30pm to 3:30pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Veterans Group 5:00pm to 6:00pm</p>
<p>11</p> <p>Check-in 9:00am to 9:30am</p> <p>Building Boundaries 10:30am - 11:30am</p> <p>Fit & Active 11:45am to 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>12</p> <p>Check-in 9:00am to 9:30am</p> <p>Ware's Grove Beach Spofford Lake 10am-2pm</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 5pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p>	<p>13</p> <p>Check-in 9:00am to 9:30am</p> <p>Healthy Eating 10:30am 12:00pm</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>14</p> <p>Check-in 9:00am to 9:30am</p> <p>Life Skills 10:30am to 11:30am</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>15</p> <p>Check-in 9:00am to 9:30am</p> <p>Anxiety and Depression 10:30am to 11:30am</p> <p>Community Lunch Ice cream Sundae Bar 12pm to 2pm</p> <p></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>18</p> <p>Check-in 9:00am to 9:30am</p> <p>Building Boundaries 10:30am - 11:30am</p> <p>Fit & Active 11:45am to 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>19</p> <p>Check-in 9:00am to 9:30am</p> <p>Trauma Survivors 10:30am to 11:30am</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 5pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p>	<p>20</p> <p>Check-in 9:00am to 9:30am</p> <p>Community Clean up 9:45am-11am</p> <p>Healthy Eating 10:30am 12:00pm</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>21</p> <p>Check-in 9:00am to 9:30am</p> <p>Life Skills 10:30am to 11:30am</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>22</p> <p>Check-in 9:00am to 9:30am</p> <p>Anxiety and Depression 10:30am to 11:30am</p> <p>Community Lunch 12pm to 1pm</p> <p></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>25</p> <p>Check-in 9:00am to 9:30am</p> <p>Building Boundaries 10:30am - 11:30am</p> <p>Fit & Active 11:45am to 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>26</p> <p>Check-in 9:00am to 9:30am</p> <p>Trauma Survivors 10:30am to 11:30am</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 5pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p>	<p>27</p> <p>Check-in 9:00am to 9:30am</p> <p>Healthy Eating 10:30am 12:00pm</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>28</p> <p>Check-in 9:00am to 9:30am</p> <p>Life Skills 10:30am to 11:30am</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>29</p> <p>Check-in 9:00am to 9:30am</p> <p>Anxiety and Depression 10:30am to 11:30am</p> <p>Community Lunch 12pm to 1pm</p> <p></p> <p>Trip to the YMCA 1:30pm to 3:30pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Veterans Group 5:00pm to 6:00pm</p>

Updated 7.21.25 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.



BEST Ever Easy Stuffed Peppers

Ingredients

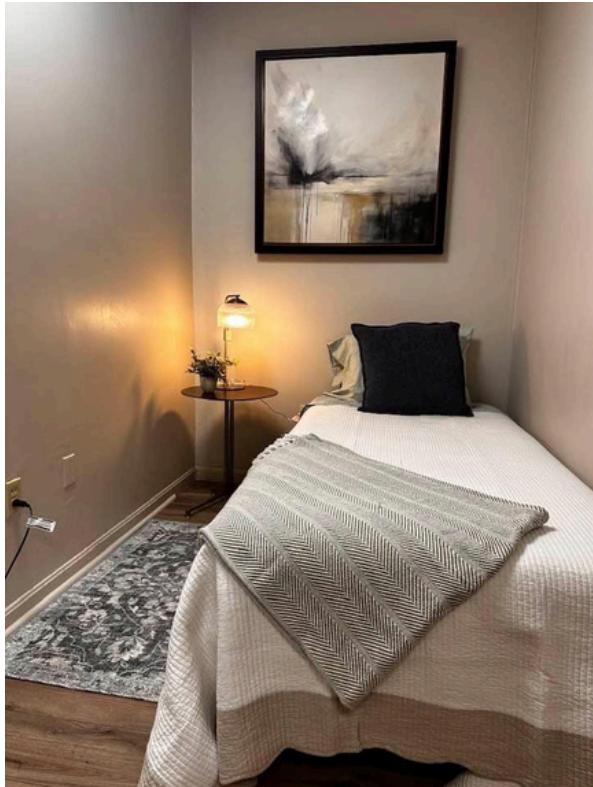
8 Bell Peppers, Tops Cut Off and Seeds and Membranes Removed
1lb Ground Beef
3c Cooked Spanish Style Rice, or White Rice
1 - 15oz Can Fire Roasted Diced Tomatoes
1c Shredded Mexican Blend Cheese
1 ½c Water

Directions

Preheat oven to 375 degrees. Grease a large baking dish and arrange bell peppers standing up. Transfer to preheated oven and allow to cook for 10-15 minutes until tender. (Move ahead with next step while peppers are baking!) In a large pan over medium-high heat, cook ground beef for 5-6 minutes, breaking apart with a spatula or spoon as it cooks, until well browned. Use a slotted spoon to transfer the ground beef to a platter, cover to keep warm, and set aside. Add rice, water, and tomatoes to the pan, give it a good stir, and bring to a boil. Reduce to LOW, cover, and cook for 20 minutes, stirring occasionally. Stir ground beef and 1/2 cup of the cheese into the pan. Spoon mixture into the baked peppers and top with the remaining cheese. Bake for 5 minutes or until cheese is melted. Top with green onions or cilantro if desired and serve.



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.

July

MEMORIES



Ice Cream Social!



Swanbats Game Tabling!



Community Meeting!



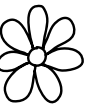
Co-op Tabling!



Healthy Eating Group!



Tie Dye Friday!



Rock Painting!



Residential Dinner!



Thank you, Eversource!



Monadnock
PEER SUPPORT



$$\text{Green Circle} + \text{Green Circle} = 10$$

$$\text{Green Circle} \times \text{Yellow Square} + \text{Yellow Square} = 12$$

$$\text{Green Circle} \times \text{Yellow Square} - \text{Red Triangle} \times \text{Green Circle} = \text{Green Circle}$$

$$\text{Red Triangle} = ?$$

At the Beach

CROSSWORD PUZZLE

Fill in the puzzle using the pictures as the clues



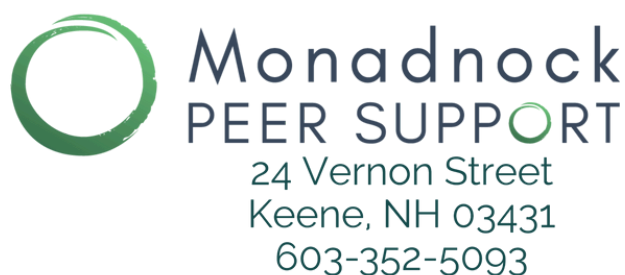
COOL2KIDS



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

