



# Monadnock PEER SUPPORT

## THE PULSE

### Thank you to May'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](mailto:Melissa@MonadnockPSA.org).



Stacy Wilbur



Julie Shonebeck

Dan Theriault

Theresa Noel



Sheila Hendrickson



Lia Trombly

Devan Blake

Paul Friedman

Karen Richi

Melissa Callender



Jennifer Friedman

Tara Abbott

Scan to donate online:



Kevin Tighe



Brandon Wilbur

Sam Spielberg

Eleri Peterson

Alexis Von Collenberg

Timothy Weeks



Chris Minkler

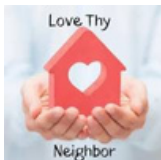
Meadow Viera

Nicky Maiella


Julie Minkler



Jimmy Holland



JUNE is *National*  
**PTSD AWARENESS**  
MONTH



National PTSD Awareness Month is recognized each year in June. This month is focused on increasing awareness about PTSD and providing information on how to access treatment. As we recognize National PTSD Awareness Month, let us commit to being more empathetic and proactive in our efforts to support those who are struggling.

Together, we can make a difference by promoting awareness and advocating for access to care, ensuring that no one has to face their challenges alone.



## A note from Eli



I always wake up in the morning and have a nice cup of coffee. It gives me that boost of energy I need to start the day, not knowing what challenges I will be facing during the day's journey. I look out the kitchen window feeling blessed by the sound of the birds, the beauty of the flowers, the green grass, and the smell of my freshly brewed coffee, and I know today will be a good day.

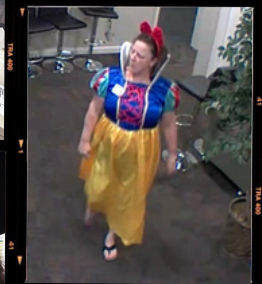
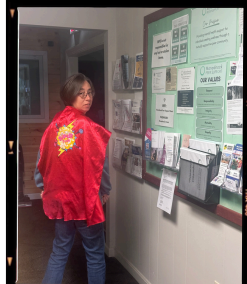
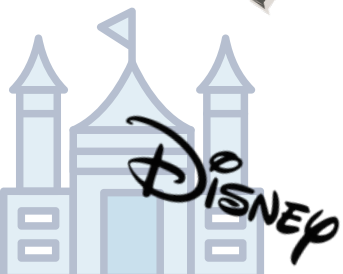
While I haven't been in this role for long, I am starting to spend more time at MPS, learning more and more about its mission, and it's people each day. There is no doubt that MPS has an important role in our community, where we are able to provide a safe place and value peer support. Thank you for all you do, supporting each other.



# Spirit Week 2025

## back to the 80's

## WILD WEST



## NOT ALL Heroes WEAR CAPES



# 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](mailto:Eli@MonadnockPSA.org)

## Dates to Remember



**Center Closed for Staff Development** - Wednesday, 6/4

**Trip to Strawberry Banke** - Wednesday, 6/11 - 9:30am to 5pm

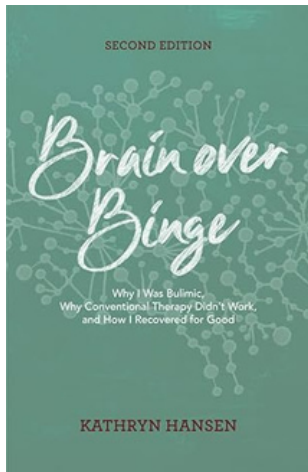
**Trip to the YMCA** - Friday, 5/9 - 1:30pm to 3:30pm

**Lunch & Learn - Community Meeting** - Tuesday, 6/17 - 12PM

**Center Closed for Juneteenth** - 6/19

**MPS Board Meeting** - Thursday, 6/26 - 5:30 PM

**Tie Dye Friday**, Friday, 6/27 - 1pm to 3:30pm



## Brain over Binge

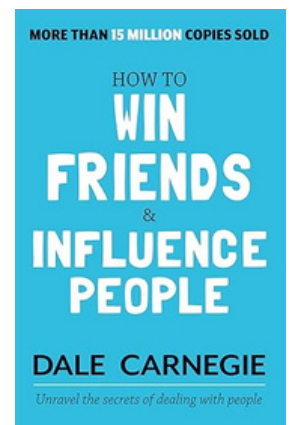
By Kathryn Hansen

Brain over Binge is both a memoir and a scientific account, providing a gripping personal narrative and a research-based perspective on bulimia and binge eating disorder. Kathryn traces the course of her own condition and then describes in detail her unconventional approach to recovery. In the process, she offers a much-needed alternative viewpoint on the landscape of eating disorder literature to help others in the throes of any form of out-of-control eating.

## How to Win Friends and Influence People

By Dale Carnegie

*How to Win Friends and Influence People is a phenomenal bestseller, having sold over 15 million copies worldwide and still going strong. It has been translated into 31 languages and is on Time magazine's list of 100 most influential books of all time. Dale Carnegie offers practical and proven advice on how to deal with people and understand them in order to get along well with them to make your life more rewarding. Carnegie believed that financial success, to a very large extent, depends on 'the ability to express ideas, to assume leadership, and to arouse enthusiasm among people.' He teaches these skills through fundamental principles of dealing with people so that they feel important and appreciated.*



## Mental Health in the News

### Using artificial intelligence to bridge the divide in mental health care

By Arokia Antonyasamy

With digital transformation in mental health services ramping up, consultant psychiatrist Dr Arokia Antonyasamy discusses the current demands, practices and challenges in mental health how leveraging artificial intelligence for assessment and treatment can lead to improved mental health outcomes.

In the midst of the global pandemic, many sectors – including mental health – tentatively embraced digital solutions like teleconsultation through remote working to maintain continuity of care. Yet there was a swift regression to traditional in-person assessments, even before the full deployment of Covid-19 vaccines.

A puzzling resistance surfaced, rooted in the perception that remote work diminishes staff commitment. In reality, studies have shown increased productivity, engagement, better retention and job satisfaction. This traditionalist view holds back the essential evolution of mental health practices into the digital age.

Read the  
full article:





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Check-in 9:00am to 9:30am <b>Fit &amp; Active</b> 11am to 11:45am <b>Building Boundaries</b> 11:30am - 12:30pm  <b>Gaming</b> 1pm to 2:30pm  <b>Feelings of Anger</b> 3pm to 4pm <b>Check-out</b> 4:15pm to 4:45pm <b>Domestic Violence Survivors</b> 5:00pm to 6:00pm	<b>3</b> Check-in 9:00am to 9:30am <b>Trauma Survivors</b> 11:30am to 12:30pm <b>IPS Skills</b> 1pm to 2pm <b>Women's Group</b> 2pm to 3pm <b>Tea Time</b> 3pm to 4pm  <b>Addiction and Recovery</b> 3pm to 4pm <b>Check-out</b> 4:15pm to 4:45pm	<b>4</b>  <b>Sorry we're CLOSED</b> <b>Staff Development Day</b> 	<b>5</b> Check-in 9:00am to 9:30am <b>Life Skills</b> 11:30am to 12:30pm <b>Munchies and Movies</b> 12:30pm - 2pm  <b>MOVIE TIME</b> <b>Isolation Support</b> 3pm to 4pm <b>Check-out</b> 4:15pm to 4:45pm <b>Autism Group</b> 6:30pm to 8pm	<b>6</b> Check-in 9:00am to 9:30am <b>Anxiety and Depression</b> 11:30am to 12:30pm <b>Community Lunch</b> 12pm to 1pm  <b>LUNCH TIME</b> <b>Jammin in the Gym</b> 2pm to 2:45pm <b>Check-out</b> 4:15pm to 4:45pm <b>Veterans Group</b> 5:00pm to 6:00pm
<b>9</b> Check-in 9:00am to 9:30am <b>Fit &amp; Active</b> 11am to 11:45am <b>Building Boundaries</b> 11:30am - 12:30pm  <b>Gaming</b> 1pm to 2:30pm  <b>Feelings of Anger</b> 3pm to 4pm <b>Check-out</b> 4:15pm to 4:45pm <b>Domestic Violence Survivors</b> 5:00pm to 6:00pm	<b>10</b> Check-in 9:00am to 9:30am <b>Trauma Survivors</b> 11:30am to 12:30pm <b>IPS Skills</b> 1pm to 2pm <b>Women's Group</b> 2pm to 3pm <b>Tea Time</b> 3pm to 4pm <b>Addiction and Recovery</b> 3pm to 4pm <b>Check-out</b> 4:15pm to 4:45pm	<b>11</b> Check-in 9:00am to 9:30am <b>Trip to Strawberry Banke in Portsmouth N.H. 9:30am-5pm</b>  <b>Beyond the Diagnosis</b> 2pm to 3pm <b>Check-out</b> 4:15pm to 4:45pm <b>Bipolar/Depression</b> 5:00pm to 6:00pm	<b>12</b> Check-in 9:00am to 9:30am <b>Life Skills</b> 11:30am to 12:30pm <b>Munchies and Movies</b> 12:30pm - 2pm  <b>MOVIE TIME</b> <b>Isolation Support</b> 3pm to 4pm <b>Check-out</b> 4:15pm to 4:45pm <b>Autism Group</b> 6:30pm to 8pm	<b>13</b> Check-in 9:00am to 9:30am <b>Anxiety and Depression</b> 11:30am to 12:30pm <b>Community Lunch</b> 12pm to 1pm  <b>LUNCH TIME</b> <b>Trip to the YMCA</b> 1:30pm to 3:30pm <b>Check-out</b> 4:15pm to 4:45pm <b>Veterans Group</b> 5:00pm to 6:00pm
<b>16</b> Check-in 9:00am to 9:30am <b>Fit &amp; Active</b> 11am to 11:45am <b>Building Boundaries</b> 11:30am - 12:30pm  <b>Gaming</b> 1pm to 2:30pm  <b>Feelings of Anger</b> 3pm to 4pm <b>Check-out</b> 4:15pm to 4:45pm <b>Domestic Violence Survivors</b> 5:00pm to 6:00pm	<b>17</b> Check-in 9:00am to 9:30am <b>Trauma Survivors</b> 11:30am to 12:30pm <b>Lunch &amp; Learn Community Meeting 12pm-1pm</b> <b>IPS Skills</b> 1pm to 2pm <b>Women's Group</b> 2pm to 3pm <b>Tea Time</b> 3pm to 4pm  <b>Addiction and Recovery</b> 3pm to 4pm <b>Check-out</b> 4:15pm to 4:45pm	<b>18</b> Check-in 9:00am to 9:30am <b>Healthy Eating</b> 11:30am to 12:30pm  <b>Van Shopping Trip*</b> 12:30pm to 2:30pm <b>Fit &amp; Active</b> 1pm to 1:45pm <b>Beyond the Diagnosis</b> 2pm to 3pm <b>Check-out</b> 4:15pm to 4:45pm <b>Bipolar/Depression</b> 5:00pm to 6:00pm	<b>19</b>  <b>Sorry we're CLOSED</b> <b>JUNETEENTH</b> 	<b>20</b> Check-in 9:00am to 9:30am <b>Anxiety and Depression</b> 11:30am to 12:30pm <b>Community Lunch</b> 12pm to 2pm <b>Ice cream Sundae Bar</b> 12pm to 2pm  <b>LUNCH TIME</b> <b>Jammin in the Gym</b> 2pm to 2:45pm <b>Check-out</b> 4:15pm to 4:45pm <b>Veterans Group</b> 5:00pm to 6:00pm
<b>23</b> Check-in 9:00am to 9:30am <b>Fit &amp; Active</b> 11am to 11:45am <b>Building Boundaries</b> 11:30am - 12:30pm  <b>Gaming</b> 1pm to 2:30pm  <b>Feelings of Anger</b> 3pm to 4pm <b>Check-out</b> 4:15pm to 4:45pm <b>Domestic Violence Survivors</b> 5:00pm to 6:00pm	<b>24</b> Check-in 9:00am to 9:30am <b>Trauma Survivors</b> 11:30am to 12:30pm <b>IPS Skills</b> 1pm to 2pm <b>Women's Group</b> 2pm to 3pm <b>Tea Time</b> 3pm to 4pm  <b>Addiction and Recovery</b> 3pm to 4pm <b>Check-out</b> 4:15pm to 4:45pm	<b>25</b> Check-in 9:00am to 9:30am <b>Community Clean up 9:45am-11am</b> <b>Healthy Eating</b> 11:30am to 12:30pm  <b>Van Shopping Trip*</b> 12:30pm to 2:30pm <b>Fit &amp; Active</b> 1pm to 1:45pm <b>Beyond the Diagnosis</b> 2pm to 3pm <b>Check-out</b> 4:15pm to 4:45pm <b>Bipolar/Depression</b> 5:00pm to 6:00pm	<b>26</b> Check-in 9:00am to 9:30am <b>Life Skills</b> 11:30am to 12:30pm <b>Munchies and Movies</b> 12:30pm - 2pm  <b>MOVIE TIME</b> <b>Isolation Support</b> 3pm to 4pm <b>Check-out</b> 4:15pm to 4:45pm <b>Monthly Board Meeting</b> 5:50pm to 7pm <b>Autism Group</b> 6:30pm to 8pm	<b>27</b> Check-in 9:00am to 9:30am <b>Anxiety and Depression</b> 11:30am to 12:30pm <b>Community Lunch</b> 12pm to 1pm  <b>LUNCH TIME</b> <b>Tie Dye Friday</b> 1pm-3:30pm <b>Check-out</b> 4:15pm to 4:45pm <b>Veterans Group</b> 5:00pm to 6:00pm
<b>30</b> Check-in 9:00am to 9:30am <b>Fit &amp; Active</b> 11am to 11:45am <b>Building Boundaries</b> 11:30am - 12:30pm  <b>Gaming</b> 1pm to 2:30pm  <b>Feelings of Anger</b> 3pm to 4pm <b>Check-out</b> 4:15pm to 4:45pm <b>Domestic Violence Survivors</b> 5:00pm to 6:00pm	 <b>here! comes the sun!</b>			<b>Center Hours:</b>  <b>Upstairs</b> Monday-Friday 9am to 5:00pm  <b>Downstairs</b> Monday - Friday 9am to 6:00pm  <b>24 Vernon Street</b> <b>Keene, NH 03431</b> <b>603-352-5093</b> <b>Joining us via</b>  <b>zoom?</b>  <b>Zoom ID: 603 352 5094</b>

## 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.





## **Linguine With Tuna and Capers**

### Ingredients

16oz Linguine, cooked  
2 - 5oz cans Solid White Tuna, drained  
6Tbsp Extra-Virgin Olive Oil  
1lg Shallot, thinly sliced  
1/4c Capers, drained

### Directions

Combine the pasta, tuna, olive oil, shallots and capers. Season to taste with sea salt and cracked pepper. Serve cold, topped with fresh, chopped parsley, if desired.



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## **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](mailto:mps-susd@monadnockpsa.org) or by phone by calling 603-352-5093.





May

MEMORIES



Staff Meeting!



Karen at an HR event!



Hi Sam and Stacy!



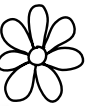
Melissa promoting MPB!



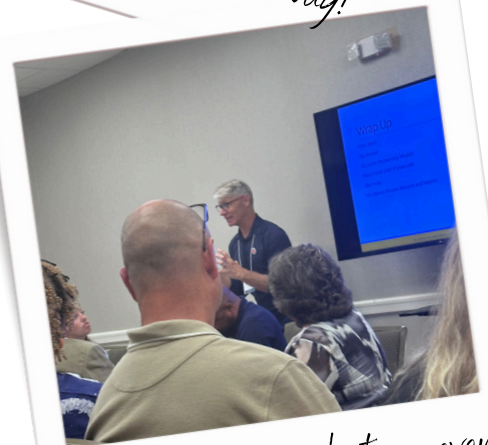
Melissa and Stacy at a tabling!



The renovation is underway!



Healthy Cooking!



We spotted David at an event!

## Futoshiki Puzzle

Fill the boxes with the numbers 1-4 so that each digit appears exactly once in each row and column.

	3		>	
^	v			
			v	
				v
		<	3	

HELL  
Summer

How many words can you make with these letters?

V C E D I A






Thank you to  
everyone who  
joined us at our  
3<sup>rd</sup> annual  
Floating Lanterns  
Festival! Please  
save the date for  
next year's event!



**Monadnock  
PEER SUPPORT**

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

Place  
Postage  
Here

The preparation of this document was financed under a contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services.

