



Monadnock
PEER SUPPORT

THE PULSE

We love our Donors and Community Partners!

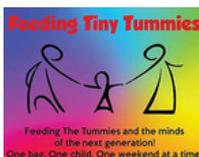
Whether you're donating time, clothes, appliances, hygiene items, making a monetary donation, or coming along side us as a community partner, we appreciate you! There are a lot of ways to serve, if you're looking to get involved! Please reach out to Melissa via email: Melissa@MonadnockPSA.org



Scan to Donate



Pamela Richi



Ben Dencare



Slow Cooker Pot Roast

Ingredients

- 3-4 pounds beef roast
- 1 pound potatoes
- 3/4 pound baby carrots
- 2 tablespoons steak seasoning
- 1/2 cup low-sodium beef broth

Directions

Heat a large skillet over medium-high heat. Season the roast with salt and pepper and then sear on all sides in the skillet. Add the broth and then the seared beef to the bottom of the slow cooker. Add the potatoes and carrots on top of the roast in the slow cooker and sprinkle the steak seasoning over the top. Cook on low for 8 hours.



A Note From our Executive Director



Christine Allen

Hello and happy fall! I wanted to take a moment and say thank you to all our members, our staff, our community partners and beyond. MPS has had incredible growth and opportunity over the last two years since moving to 24 Vernon Street. I am grateful for the members that have welcomed the changes, new space, new programs, increased residents and beyond. I am equally grateful for the new members, new staff, the folks from our Washington Wellness Program and more! Over the last two years, we have cultivated an amazing community! Each day we work toward becoming a trauma informed community while incorporating Intentional Peer Support and WRAP into our daily practice.

Recently, we have added some interesting new groups into our programming and love that so many folks are taking advantage of the wide variety of groups we offer. We have increased our hours as to ensure that we are capturing the needs of our membership base as much as possible. Also, we have added check-in's on the weekends along with weekend groups. We have added in two additional AA meetings as well. These things are being done because our membership population is asking for these additions. I want to thank you for being such an integral part of the MPS journey and working toward making us the best peer support agency that we can possibly be.

I look forward to continued growth with everyone! I do have a question that has been a big debate in our office... when can we start decorating for Christmas? I got MPS a really cool Christmas Tree and am eager to bring it in and set it up. Too soon??

Be well folks and I look forward to talking with you all again soon!

Getting to know you

Hi Everyone! For those of you who have not yet met me, or have only seen me around Monadnock Peer Support (MPS), I would like to introduce myself. I am Taylor Murray. I am a New England Native, US Military Veteran and a Woman of transgender experience. I have only recently become a new member, here at MPS, and have taken on the responsibilities of both Group Facilitator and Director of LGBTQ+ Services! I am easy to talk to, friendly, and I embrace the opportunity to get to know everyone. I love to make friends, and I look forward to sharing on this amazing journey down many paths together.

As a Group Facilitator, I hope to learn and grow along with many of you as we face challenges, endure hardships and celebrate each other's achievements. Love, happiness, and peace can be attainable for us all, and I hope to be part of that experience. I am excited to introduce a new group that will revolve around forming boundaries through self-reflection, internalizing one's own sense of individuality, and therefore recognizing our right to autonomy and respect.

As the Director of LGBTQ+ Services, I hope to be able to collaborate with others in the community in order to develop services that touch on the needs and expectations of us all. It is exciting to be developing MPS's transgender support strategies! With the new Gender Euphoria support group, for those who identify under the transgender umbrella, we are now reaching out to our transgender population with the intention to provide a place in which we might share the struggles unique to our experience.

Our LGBTQ+ group is still strong and active! It is amazing to be part of this rich and diverse community, and I plan to share in the process with all who identify as members of this unique community. I anticipate learning so much from those who will be facilitating this group, and I will be there to help facilitate when asked. I am excited to be helping to develop this facet of our programming!

Monadnock Peer Support is an amazing opportunity for all of us to make our world a better place for everyone. Through education and willingness to grow, I believe we can learn to provide one another with radical acceptance, friendship, respect and unconditional love. Thank you all for letting me become a part of this amazing community!



Taylor Murray

Constance Wu talks about the importance of 'Making a Scene' in new memoir

As written on wbur.org



In a new memoir, actor Constance Wu shows a side of herself the public hasn't seen, one different from her groundbreaking roles in the romance drama "Crazy Rich Asians" or sitcom "Fresh Off The Boat."

Her book "Making a Scene" comes out Tuesday and in it, Wu talks about being a target of sexual violence and extreme internet backlash that led to a suicide attempt. Growing up in Richmond, Virginia, Wu often tried to act ladylike and not stand out. "I was never shy, I was never quiet. I was always emotional," she recalls. "And a lot of this book is about how I found an outlet in community theater."

The book's title stems from an essay Wu wrote about being raped and not fighting back because she didn't want to make a scene. It's one of several moments of sexual harassment that Wu writes about.

When she began writing the memoir in the midst of the 2016 election, she needed an outlet for her feelings. Originally, Wu thought her book would take on a political tone, but ended up realizing it didn't work. Within the political essays, Wu began to notice her personal stories were the best part, like those about baking bread or falling in love and getting her heart broken. It was those moments that would transform the book over time.

"I'm very grateful for it because it was a healing in a way for me to look back on mistakes and events in my life with curiosity and empathy rather than my old patterns of judgment and shame," Wu says, "which is a lot of what the internet does to public figures." Wu faced internet judgment of her own back in 2019 when "Fresh Off the Boat" was renewed for another season. Wu expressed her disappointment on Twitter but swiftly met backlash. Thinking back, Wu admits she'd acted recklessly and realized she sounded ungrateful.

On the surface, people online found it easy to frame Wu as an actor who "thinks she's too big for her britches" or one who abandons those who gave her a career. Writing her book allowed her to arrive at the reason behind her uncharacteristic response, Wu says. What people didn't realize, Wu says, was the sexual harassment and abuse she suffered at the hands of an Asian-American producer on the show.

Initially, Wu kept quiet about the abuse and repressed it; she didn't want to ruin the show's reputation. But once she finally gained job security and didn't have to fear the producer anymore, Wu thought the problem was handled. But that wasn't the case.

"Trauma and feelings don't go away simply because you will them," she says. "They're inevitably going to come out other ways." Although "Fresh Off the Boat" garnered acclaim throughout its six-season run, it also attracted some accusations of stereotyping. Wu disagrees. Stereotypes are harmful when they're reductive, she says, but they do exist. By refusing to play these stereotypes, Wu says she worries it reinforces the idea that some of those attributes, like having an Asian accent, are inherently shameful. The Asian-American community, particularly in Hollywood, has been too focused on positive representation, she says.

Wu dedicated her book to her daughter and despite the traumatic moments in her life, she still wants her daughter to know about it. "I could be somebody who has gone through sexual assault, who has had some messy tweets and still be worthy of life and of having your voice and having your story," she says. "So as difficult as these topics are to broach, I particularly think it's important in the Asian-American community to finally give light to the wholeness of our experience and not just the positive aspects of it."

If you or someone you know may be considering suicide or is in crisis, call or text 988 to reach the Suicide & Crisis Lifeline (En Español: 1-888-628-9454; Deaf and Hard of Hearing: 1-800-799-4889) or the Crisis Text Line by texting 741741.

ANNOUNCEMENTS

WELCOME

In October Taylor Murray joined our team as our Director of LGBTQIA+ Services.
Welcome Taylor!

We are HIRING

We're currently seeking a Grant Writer and a few overnight Respite Coordinators as well!

Important dates to remember



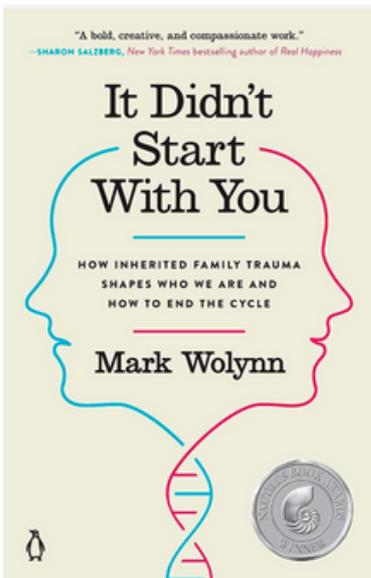
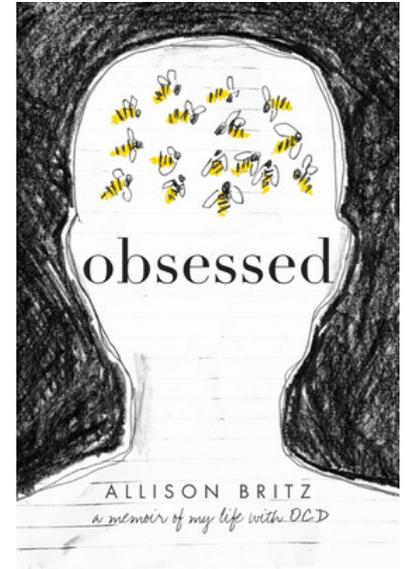
- Tuesday, November 8, 2022 - Community Meeting
- Tuesday, November 8, 2022 - Board Meeting
- Thursday, November 10, 2022 - No Van Today
- Tuesday, November 15, 2022 - Yankee Lanes Trip
- Tuesday, November 22, 2022 - Thanksgiving Celebration
- Wednesday, November 23, 2022 - Trip to Bright Nights
- November 24th and November 25th - Center Closed
- Wednesday, November 30, 2022 - No Van Today

Book Recommendations



A brave teen recounts her debilitating struggle with obsessive-compulsive disorder—and brings readers through every painful step as she finds her way to the other side—in this powerful and inspiring memoir.

Until sophomore year of high school, fifteen-year-old Allison Britz lived a comfortable life in an idyllic town. She was a dedicated student with tons of extracurricular activities, friends, and loving parents at home.



As a pioneer in the field of inherited family trauma, Mark Wolynn has worked with individuals and groups on a therapeutic level for over twenty years. *It Didn't Start with You* offers a pragmatic and prescriptive guide to his method, the Core Language Approach. Diagnostic self-inventories provide a way to uncover the fears and anxieties conveyed through everyday words, behaviors, and physical symptoms. Techniques for developing a genogram or extended family tree create a map of experiences going back through the generations. And visualization, active imagination, and direct dialogue create pathways to reconnection, integration, and reclaiming life and health. *It Didn't Start With You* is a transformative approach to resolving longstanding difficulties that in many cases, traditional therapy, drugs, or other interventions have not had the capacity to touch.

November Trips



Join us on Wednesday, November 23rd for a trip to Bright Nights at Forest Part! We will drive through their 3-mile light display! We will grab dinner together afterwards! There are limited spaces available for this trip, so please see Stacy to get signed up!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | WEEKENDS |
|---|--|---|---|---|---|
|  | <p>1</p> <p>Check-in 9:15am - 10am</p> <p>Co-Dependent Relationships 10am - 11am</p> <p>Community Lunch 11am - 1pm</p> <p>Zumba 11am to 11:30am</p> <p>Siesta 1pm to 2pm</p> <p>IPS Skills 2pm to 3pm</p> <p>Women's Group 3pm - 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Hearing Voices Network 5pm to 6:30pm</p> <p>AA Meeting 7pm</p> | <p>2</p> <p>Check-in 9:15am to 10am</p> <p>Silver Strength 10:30am to 11am</p> <p>Pantry Pizazz 10:30am to 12:30pm</p> <p>Van Shopping Trip* 12:30pm to 3:30pm</p> <p>Siesta 1pm to 2pm</p> <p>Creativity Corner 2pm to 3pm</p> <p>Addiction and Recovery 2pm to 3:30pm</p> <p>Check-out 4pm to 5pm</p> <p>Bipolar/Depression* 5pm to 6:30pm</p> <p>Gender Euphoria 7pm to 8:30pm</p> | <p>3</p> <p>Check-in 9:15am - 10am</p> <p>Life Skills 10am to 11am</p> <p>Chair Yoga 11am to 11:30am</p> <p>Desserts and Coloring 12pm to 1pm</p> <p>Siesta 1pm to 2pm</p> <p>Trauma Survivors 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Domestic Violence Survivors 5pm to 6:30pm</p> <p>AA Meeting 7pm</p> | <p>4</p> <p>Check-in 9:15am - 10am</p> <p>Jammin' in the Gym 10am to 10:30am</p> <p>Anxiety and Depression 10:30am to 12pm</p> <p>Lunch on the House 11am to 1pm</p> <p>Siesta 1pm to 2pm</p> <p>LGBTQIA+ Support 1pm - 2pm</p> <p>Tai-Chi 2pm to 2:30pm</p> <p>Isolation Support 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Navigating Relationships 5pm to 6:30pm</p> <p>Chronic Pain Support 7pm to 8pm</p> | <p>5</p> <p>Check-in 1pm to 1:30pm</p> <p>Addiction and Recovery 1:30pm to 2:30pm</p> <p>Church 10am to 11am</p> <p>Check-in 1pm to 1:30pm</p> <p>AA Meeting 1pm</p> <p>Anxiety and Depression 1:30pm to 2:30pm</p> |
| <p>7</p> <p>Check-in 9:15am - 10am</p> <p>Karaoke 10am - 11am</p> <p>Silver Strength 11am to 11:30am</p> <p>Life Goals 12pm to 1pm</p> <p>Siesta 1pm to 2pm</p> <p>You Have a Story to Tell 1:30pm to 3pm</p> <p>Feelings of Anger 3pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Men's Group 5pm to 6:30pm</p> <p>Grieving Support 7pm to 8pm</p> | <p>8</p> <p>Check-in 9:15am - 10am</p> <p>Co-Dependent Relationships 10am - 11am</p> <p>Community Lunch 11am - 1pm</p> <p>Zumba 11am to 11:30am</p> <p>Siesta 1pm to 2pm</p> <p>IPS Skills 1:30pm to 2:30pm</p> <p>Women's Group 3pm - 4pm</p> <p>Community Meeting 3pm to 5pm</p> <p>Hearing Voices Network 5pm to 6:30pm</p> <p>AA Meeting 7pm</p> | <p>9</p> <p>Check-in 9:15am - 10am</p> <p>Silver Strength 10:30am to 11am</p> <p>Pantry Pizazz 10:30am to 12:30pm</p> <p>Van Shopping Trip* 12:30pm to 3:30pm</p> <p>Siesta 1pm to 2pm</p> <p>Creativity Corner 2pm to 3pm</p> <p>Addiction and Recovery 2pm to 3:30pm</p> <p>Check-out 4pm to 5pm</p> <p>Bipolar/Depression* 5pm to 6:30pm</p> <p>Gender Euphoria 7pm to 8:30pm</p> | <p>10</p> <p>No Van Today</p> <p>Check-in 9:15am - 10am</p> <p>Life Skills 10am to 11am</p> <p>Chair Yoga 11am to 11:30am</p> <p>Desserts and Coloring 12pm to 1pm</p> <p>Siesta 1pm to 2pm</p> <p>Trauma Survivors 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Domestic Violence Survivors 5pm to 6:30pm</p> <p>AA Meeting 7pm</p> | <p>11</p> <p>Center Closed</p> <p>Veterans Day</p>  | <p>12</p> <p>Check-in 1pm to 1:30pm</p> <p>Addiction and Recovery 1:30pm to 2:30pm</p> <p>Church 10am to 11am</p> <p>Check-in 1pm to 1:30pm</p> <p>AA Meeting 1pm</p> <p>Anxiety and Depression 1:30pm to 2:30pm</p> |
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*Sign-up is required

Updated 10.14.22 MC

Subject to change without notice

Addiction and Recovery

The purpose of this group is to act as a support system for each other. We can talk openly and honestly about our addictions 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-judgmental 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.

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. This group is limited to 8 participants, so please sign up with someone in the office.

Chronic Pain Support

Do you experience chronic pain symptoms like Arthritis, joint pain, back pain, neck pain or any other pain? Come join our new Chronic pain group and share your experiences with others.

Codependent Relationships

Codependency and Relationships is a place where we can talk openly and honestly about our struggles with developing healthy relationships. Codependency can come in many forms but is commonly recognized when an individual loses sight of their own needs and wants to the detriment of themselves and others. In this group, we come together to support one another as we discuss our past and current relationship patterns and develop ideas for positive future relationships with ourselves and others.

Domestic Violence Survivors

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 help victims cope with domestic violence while building healthy friendships and relationships and is available to either men or women.

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. 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.

Gender Euphoria

A support and social group for trans-feminine, trans-masculine, non-binary, and/or other individuals who self-identify as different than the gender they were assigned at birth. Discussion is free ranging, confidential and focused on the interests and concerns of people who attend the group.

Grieving Group

Feeling hurt, sad or distressed? Join our group at MPS and share with people who can relate.

Hearing Voices Network

This group is a part of the Hearing Voices Network USA, an internationally recognized peer support group for individuals who are voice hearers and/or who see, feel, taste or smell things that others may not. It is a place where we can share who we are and what we experience, that others may not, in a safe and non-judgmental environment. Instead of focusing simply on coping with what we experience, this group is meant to provide acceptance, empowerment, and hope. Here is a place where we can focus on living.

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.

LGBTQIA+ Support

This group provides a confidential and supportive atmosphere to talk about the issues that affect us as members of the LGBTQ community, including our mental health experiences. Together we will be able to receive support and offer support to each other. In this group it will be possible to discuss the challenges we may have experienced or fear we may be experiencing. Some of the issues explored in the group may include, but are not limited to: sexuality, mental health, suicide, stigma, isolation, self-harm, internalized homophobia, anxiety, substance use/misuse, HIV/AIDS and safer behavior.

Life Skills

This is a group 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.

Men's Group

Join us for poker and dinner! For anyone who identifies as a man!

Navigating Relationships

Navigating relationships is a place where we can talk openly and not feel inhibited to build community among ourselves. The group will foster good conversation, a feeling of validity, and provide a space to talk openly about the messiness of the relationships in life.

Pantry Pizazz

Gain some knowledge, skills and nourishment! During this hands-on cooking lesson, we will be focusing on using items already on hand and/or in excess, from the Keene Community Kitchen donations!

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 or damaged.

Women's Group

A place where women can talk openly and not feel inhibited to build community among themselves. We 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.

If you have any questions, please email Stacy@MonadnockPSA.org

THANKFUL
grateful
BLESSED



Thanksgiving Day

WORD SCRAMBLE

Unscramble this fun Thanksgiving Day words!

1. NMUPKIP _____
2. YKTRUE _____
3. DLSEBES _____
4. YAMILF _____
5. VIHAKSTGNIG _____
6. FTSNIGUF _____
7. USQHAS _____
8. HDMSDA OTSPEOAT _____
9. TSDERSE _____
10. NEDISRF _____

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| | | | 9 | 2 | | 7 | 1 | |
| | 2 | | | | 7 | 9 | | |
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★ ★ ★ Dancing Dreams ★ ★ ★

So far away she held my hand. Off across this land we flew, to Hollywood and back. You only hold me in my dreams, now is it better that way for you. It's all in my head. There had been many a time that you were more than in my dreams. That's clear over there. Today is the best you'll ever look. Looking far more clearer for all of us. Time to say hi, I'm alright. Remember more. I'm just happy knowing there's more to you than that. Thanks for your time in this place. I'll stop and listen after all I have not much to say.

By Ben Dencare



November Birthday Spotlight

Hannah Bureau - 1
Constance Ochlert - 2
David Swan - 2
Tim Weeks - 2
Felicia Chase - 4



Brian Sharkey - 15
Caitlin Scott - 18
Dylan Williams - 18
Erin Waterman - 21
Naomi Caban - 21
Jessica Spencer - 21



Cheryl Ann Harduby - 5
Staci Bellafiore - 5
Christine Davis - 11
Sabrina Moffitt - 11
Josef Meighy - 12
Sarah Heineke - 14



Kenneth Chamberlain Jr - 25
Bill Hutchinson - 28
Joanna Komulainen - 29
Kristin Field - 29
Christy Covey - 30

October

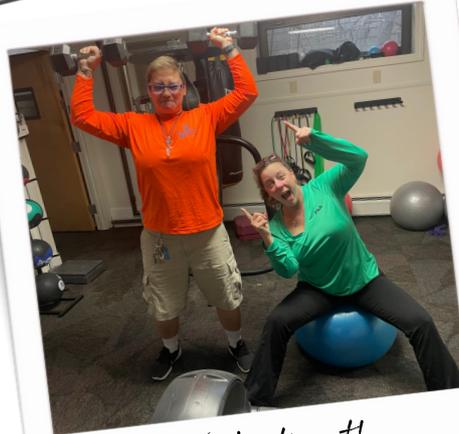
MEMORIES



Employee Development!



Pantry Pizzazz!



Work it out!



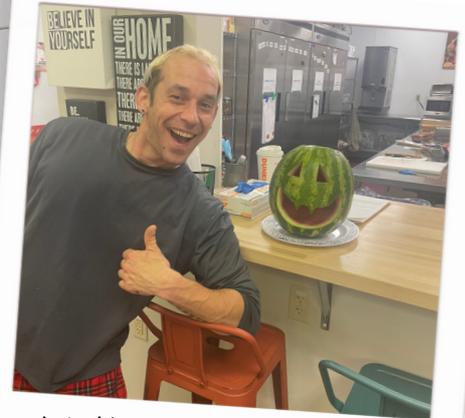
Christine and Houston!



Visiting the animals!



Houston Charles!



Matt's Jack-O-Lantern!



Appreciating Christine!



Gathering of the Gourds!



Tea time!

October

MEMORIES



King Richard's Faire!



Stacy being silly!



Time to cook!



Checking out plants!



Sam and Houston!



More staff development!



Beech Hill Farm Trip!



Seth and Daisy!



Terri at the humane society!



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