



THE PULSE



Special shout-out to member, Camille Coulborn for painting this amazing piece for our Executive Director, Christine! It is truly remarkable! Thank you for sharing your talent, Camille!

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



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Debbie and Donald Goudreau



Linda Ryan



Theresa Noel



Marisa Fusco



Kristin Putnam



Crock-Pot Sweet and Sour Chicken

Ingredients

- 4 Boneless, Skinless Chicken Breasts, Cubed
- 1c Apricot Preserves
- 1/2c Sweet Chili Sauce
- 1/2c Crushed Pineapple, Drained
- 2c Cooked White Rice

Directions

Spray your Crock-Pot with nonstick cooking spray. Place the cubed chicken in the bottom of the Crock-Pot. Season with salt and pepper to taste. Pour in the orange marmalade, sweet chili sauce, and crushed pineapple. Toss to combine. Cook on low for 4-5 hours or until chicken reaches an internal temperature of 165F, stirring occasionally. Serve over white rice. Optional garnish of scallions and toasted sesame seeds. I have also added a diced red bell pepper and a diced onion to the crockpot before cooking as well. Enjoy!





GINGER ZEE ON HOW SHE OVERCAME THE STIGMA OF MENTAL HEALTH TO TALK ABOUT SUICIDE, THERAPY

Excerpt from GMA written by Katie Kindelan

When ABC News chief meteorologist Ginger Zee thinks back to one of the "darkest points" of her struggle with mental health, she thinks of a photo of herself smiling. In the photo, Zee, now ABC News chief meteorologist, is smiling wide as she sits at the desk at her first on-air meteorologist job at a local

TV station in Michigan. The photo, she said, was taken not long after she attempted suicide for the second time. "That picture says to me, 'Here's a person who is trying so hard to hide what she was truly feeling,'" Zee said. "It was one of my darkest points in all of my mental health journey, and my smile is so forced and is so big." Zee said she hopes the takeaway from the photo for people is that a person who appears smiling, who is functioning in society, can at the same time be struggling with their mental health. "I hope that me talking about it can help distinguish for people that just because you look bright and sunny does not mean that that is what's happening on the inside," she said. "All of us are complex human beings. We are also allowed to have a really big smile one day and a non-smile the next day."

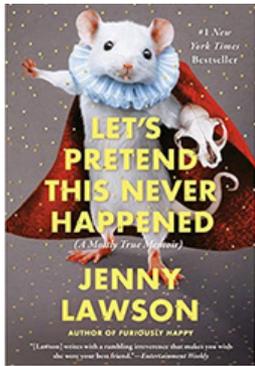
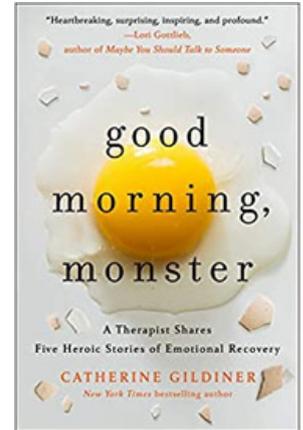
Zee, a mother of two, she said her mental health struggles began "at a very young age," but went unaddressed, in part because mental health was even more taboo at that time. "It was the 1980s, and a lot of people didn't know what to do," Zee said. "I don't think my parents could have been educated enough to recognize it or see it." Zee said she turned to anorexia as a young girl as a way to feel more in control of her life. When she was in college and went on medication to treat narcolepsy, Zee said the "extremes" of her depression began to appear. She had her first suicide attempt while in college, followed by the second, several years later, while working as an on-air meteorologist.

As Zee has worked through her own recovery, she said she has tried to break the stigma of mental health by speaking about it publicly, first in her bestselling book "Natural Disaster" and now in her newly-released follow-up, "A Little Closer to Home." She described people as often being "shocked" when they hear her talk about therapy and hospitalization, especially after seeing her smiling on TV each morning on "GMA." "A lot of times they'll say, 'I would have never known you were that sick, or you were that deep into something,'" she said. "That's fine because you can't see it. That's what makes it hard every time, and that's what makes it tough for people to be able to react or not know how to react." In the United States, nearly one in five adults, over 51 million, live with a mental illness, according to the National Institute of Mental Health (NIMH). Starting at puberty, young women are at the greatest risk for major depression and mental disorders due to physiological changes. As women age, they also experience certain depression-related illnesses than men don't, such as postpartum depression and postmenopausal depression and anxiety.

For the full article, email Melissa@Monadnockpsa.org



Clinical psychologist Gildiner (Too Close to the Falls) shares heart-wrenching stories of child abuse in this pull-no-punches narrative about five of her patients. While each patient first comes to Gildiner with an immediate health concern, they all find healing by opening up, delving into their past to uncover former traumas, and finding forgiveness for those who have caused them harm. These painful accounts will break anyone’s heart, and also inspire awe for the ways people who suffered horrific abuse were able to find a measure of recovery. (Sept.)



In the irreverent *Let's Pretend This Never Happened*, Lawson’s long-suffering husband and sweet daughter help her uncover the surprising discovery that the most terribly human moments—the ones we want to pretend never happened—are the very same moments that make us the people we are today. For every intellectual misfit who thought they were the only ones to think the things that Lawson dares to say out loud, this is a poignant and hysterical look at the dark, disturbing, yet wonderful moments of our lives.

April Trips



Butterfly Conservatory & Gardens
281 Greenfield Road, South Deerfield, MA 01373

Tuesday, April 19, 2022

Magic Wings is an 8000 square-foot tropical conservatory with nearly 4000 free-flying tropical and native butterflies from all over the world! They also have exotic reptiles, frogs, fish, birds & insects to see up close and personal. Tickets are \$16 for anyone interested in going on this trip.



House Mom, House Hero

Sometimes we are just in the right place at the right time and around the right people. For Toby Rodrigues, this happened on March 1st, as he was enjoying a birthday lunch at the center and he began to choke. Without a thought, Trish Lane, our House Mom, sprung into action and performed the Heimlich Maneuver on Toby. She was able to dislodge the object from Toby's windpipe and he was able to breathe once again. We thought it was so important to recognize this heroic act. If you are interested in learning how to perform the procedure, The American Red Cross teaches the skill as part of their CPR/AED training. These skills are great to have in case you ever find yourself in a similar situation. If you would like to find out about trainings near you, please visit www.RedCross.org.

A Poem by Ben Dencare

I'm not here standing around to be pathetic. I got
my feet on the ground, stirring your emotions. You
sad thing, I just can't be that way, it's not in my
nature. I'm the kind out on my own, roaming.
Touring the road, now I'm finally home, doing my
best. I'm able to stop this mess, change the world,
bring God back in. Helping Earth, grieving motherly
and fatherly love. I pass on giving that kind of
water, a chance at the door.

ANNOUNCEMENTS

WELCOME

In March we welcomed Shawn Maguire on staff as our Director of Peer Relations! Shawn will be taking on the role of all things groups and programming! We also welcomed Matt Johnson as our new driver and Doug Mispell for floor staff!
Welcome to all!

THANKYOU

A special thank you being sent out to our own Jude Grophear for facilitating our staff's IPS core training over the last couple of months! Jude, your knowledge and expertise are so appreciated!



We would love to have you try one of our new groups! This month we have a lot of new offerings! We added Trivia on Mondays at 10:30am, Life Goals on Mondays at 11:30am, Game hour on Mondays and Tuesdays at 2pm and Fridays at 1:30pm, Strength Training in the gym on Tuesdays at 11:30am, Domestic Violence Survivors on Tuesdays at 5pm, Life Skills on Thursdays at 10:30am, Chair Yoga on Thursdays at 11:30am, Cookies and Coloring on Thursdays at 1:30pm and IPS Skills on Fridays at 12pm!

Important dates to remember



Tuesday, April 12, 2022 - Easter Celebration

Tuesday, April 12, 2022 - Community Meeting

Tuesday, April 12, 2022 - Board Meeting

Tuesday, April 19, 2022 - Magic Wings Trip

Tuesday, April 19, 2022 - NHMHPA Remote Meeting

Friday, April 22, 2022 - Holy Rollers Bowling Trip

Sunday, April 24, 2022 - Free Haircuts (register with staff)



Joining us via  zoom?

Zoom ID: 603 352 5094

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS	
<p>Center is Open to the Public Monday through Friday 9am to 7pm</p> <p><small>*Sign-up is required Updated 3.21.22 MC</small></p>			1	<p>Check-in 9:15am - 10am</p> <p>Anxiety and Depression 10:30am to 12pm</p> <p>Lunch on the House 11am to 12pm</p> <p>IPS Skills 12pm to 1:30pm</p> <p>Game Hour 1:30pm 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>AA Meeting 7pm</p>	2	<p>NA Meeting Marlborough Community House 1pm</p> <p>Church 10am to 11am</p>
4	5	6	7	8	9	10
<p>Check-in 9:15am - 10am</p> <p>Trivia 10:30 - 11:30am</p> <p>Life Goals 11:30am to 1pm</p> <p>Feelings of Anger 1pm to 2:30pm</p> <p>Game Hour 2pm to 3pm</p> <p>Eating Disorder Recovery and Body Image 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Human Rights Committee Meeting Keen Parks and Rec Room 22 5pm to 6pm</p> <p>Men's Group 5pm - 6pm</p>	<p>Check-in 9:15am - 10am</p> <p>Community Lunch 11am - 1pm</p> <p>Strength Training* 11:30am - 12pm</p> <p>LGBTQIA+ Support 1pm - 2:30pm</p> <p>Game Hour 2pm to 3pm</p> <p>Women's Group 2:30pm - 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Domestic Violence Survivors 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>	<p>Energy & Climate Committee (Keene City Counsel) 9:15am - 10am</p> <p>Check-in 9:15am - 10am</p> <p>Self Harm Care 10:30am to 12pm</p> <p>Free Yoga via Zoom 12pm to 1pm</p> <p>Van Shopping Trip* 12:30pm to 3:30pm</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>LGBTQIA+ Community & Connection (Antioch) 5:30pm to 7pm</p>	<p>Check-in 9:15am - 10am</p> <p>Life Skills 10:30am to 12pm</p> <p>Chair Yoga* 11:30am - 12pm</p> <p>Hearing Voices Network 12pm to 1:30pm</p> <p>Cookies and Coloring 1:30pm to 2:30pm</p> <p>Trauma Survivors 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Legislature and Activism 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>	<p>Check-in 9:15am - 10am</p> <p>Anxiety and Depression 10:30am to 12pm</p> <p>Lunch on the House 11am to 12pm</p> <p>Virtual Cancer Support Group (MCH) 11:30am to 12:30pm</p> <p>IPS Skills 12pm to 1:30pm</p> <p>Game Hour 1:30pm 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>AA Meeting 7pm</p>	<p>NA Meeting Marlborough Community House 1pm</p> <p>Church 10am to 11am</p>	
11	12	13	14	15	16	17
<p>Check-in 9:15am - 10am</p> <p>Trivia 10:30 - 11:30am</p> <p>Life Goals 11:30am to 1pm</p> <p>Feelings of Anger 1pm to 2:30pm</p> <p>Potato Stamp Easter Egg Painting* 2pm to 3pm</p> <p>Eating Disorder Recovery and Body Image 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Men's Group 5pm - 6pm</p>	 <p>Check-in 9:15am - 10am</p> <p>Easter Celebration* 11am - 1pm</p> <p>Strength Training* 11:30am - 12pm</p> <p>LGBTQIA+ Support 1pm - 2:30pm</p> <p>Game Hour 2pm to 3pm</p> <p>Women's Group 2:30pm - 4pm</p> <p>Community Meeting 3:30pm to 5pm</p> <p>Domestic Violence Survivors 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>	<p>Check-in 9:15am - 10am</p> <p>Advance Care Planning via Zoom 10am - 11am</p> <p>Self Harm Care 10:30am to 12pm</p> <p>Free Yoga via Zoom 12pm to 1pm</p> <p>Van Shopping Trip* 12:30pm to 3:30pm</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>Family Addiction Support Keene Unitarian Church 5:30pm to 7pm</p>	<p>Check-in 9:15am - 10am</p> <p>Life Skills 10:30am to 12pm</p> <p>Chair Yoga* 11:30am - 12pm</p> <p>Hearing Voices Network 12pm to 1:30pm</p> <p>Cookies and Coloring 1:30pm to 3pm</p> <p>Trauma Survivors 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Co-Parenting Collaborative 5pm to 6:30pm</p> <p>Legislature and Activism 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>	<p>Check-in 9:15am - 10am</p> <p>Anxiety and Depression 10:30am to 12pm</p> <p>Lunch on the House 11am to 12pm</p> <p>IPS Skills 12pm to 1:30pm</p> <p>Easter Egg Hunt 1:30pm 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>AA Meeting 7pm</p>	<p>NA Meeting Marlborough Community House 1pm</p> <p>Church 10am to 11am</p>	
18	19	20	21	22	23	24
<p>Check-in 9:15am - 10am</p> <p>Trivia 10:30 - 11:30am</p> <p>Life Goals 11:30am to 1pm</p> <p>Feelings of Anger 1pm to 2:30pm</p> <p>Game Hour 2pm to 3pm</p> <p>Eating Disorder Recovery and Body Image 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Men's Group 5pm - 6pm</p>	<p>Check-in 9:15am - 10am</p> <p>NHMHPA Zoom 10am - 12pm</p> <p>Magic Wings Trip* 10am - 3pm</p> <p>Community Lunch 11am - 1pm</p> <p>Game Hour 2pm to 3pm</p> <p>Women's Group 2:30pm - 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Domestic Violence Survivors 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>	<p>Check-in 9:15am - 10am</p> <p>Advance Care Planning via Zoom 10am - 11am</p> <p>Self Harm Care 10:30am to 12pm</p> <p>Free Yoga via Zoom 12pm to 1pm</p> <p>Van Shopping Trip* 12:30pm to 3:30pm</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>Family Addiction Support Keene Unitarian Church 5:30pm to 7pm</p>	<p>Check-in 9:15am - 10am</p> <p>Life Skills 10:30am to 12pm</p> <p>Chair Yoga* 11:30am - 12pm</p> <p>Hearing Voices Network 12pm to 1:30pm</p> <p>Virtual Keene Housing Commissioners Meeting 12pm to 1pm</p> <p>Cookies and Coloring 1:30pm to 3pm</p> <p>Trauma Survivors 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Legislature and Activism 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>	<p>Check-in 9:15am - 10am</p> <p>Anxiety and Depression 10:30am to 12pm</p> <p>Lunch on the House 11am to 12pm</p> <p>Holy Rollers Bowling Trip* 12pm - 2pm</p> <p>IPS Skills 12pm to 1:30pm</p> <p>Game Hour 1:30pm 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>AA Meeting 7pm</p>	<p>Green up Keene 10am</p> <p>NA Meeting Marlborough Community House 1pm</p> <p>Church 10am to 11am</p> <p>Free Haircuts* 1pm to 3pm</p>	
25	26	27	28	29	30	
<p>Check-in 9:15am - 10am</p> <p>Trivia 10:30 - 11:30am</p> <p>Life Goals 11:30am to 1pm</p> <p>Feelings of Anger 1pm to 2:30pm</p> <p>Game Hour 2pm to 3pm</p> <p>Eating Disorder Recovery and Body Image 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Men's Group 5pm - 6pm</p>	<p>Check-in 9:15am - 10am</p> <p>Community Lunch 11am - 1pm</p> <p>Strength Training* 11:30am - 12pm</p> <p>LGBTQIA+ Support 1pm - 2:30pm</p> <p>Game Hour 2pm to 3pm</p> <p>Women's Group 2:30pm - 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Domestic Violence Survivors 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>	<p>Check-in 9:15am - 10am</p> <p>Self Harm Care 10:30am to 12pm</p> <p>Free Yoga via Zoom 12pm to 1pm</p> <p>Van Shopping Trip* 12:30pm to 3:30pm</p> <p>Vernal Pool Hike at Horatio Colony house Museum 1pm 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>Family Addiction Support Keene Unitarian Church 5:30pm to 7pm</p>	<p>Check-in 9:15am - 10am</p> <p>Life Skills 10:30am to 12pm</p> <p>Chair Yoga* 11:30am - 12pm</p> <p>Hearing Voices Network 12pm to 1:30pm</p> <p>Cookies and Coloring 1:30pm to 3pm</p> <p>Survivors of Sexual Assault 2:30pm to 4pm</p> <p>Check-out 4pm to 5pm</p> <p>Legislature and Activism 5pm to 6:30pm</p> <p>Co-Parenting Collaborative 5pm to 6:30pm</p> <p>AA Meeting 7pm</p>	<p>Check-in 9:15am - 10am</p> <p>Survivors of Suicide Attempts 10:30am to 12pm</p> <p>Lunch on the House 11am to 12pm</p> <p>IPS Skills 12pm to 1:30pm</p> <p>Game Hour 1:30pm 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>AA Meeting 7pm</p>	<p>NA Meeting Marlborough Community House 1pm</p>	

Group Descriptions Updated 3.17.22

Addiction Support 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 talk 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

This group 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.

Chair Yoga

Join Lawrence for 30 minutes of gentle yoga, utilizing a chair to help with stability and confidence. Please sign up with a staff member.

Check-in and Check-out

Check In and Check Out is a space for each person to feel heard. Since peer support is voluntary, each person can share whatever they want, or they can choose to pass if they don't feel like talking. 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 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."

Community Lunch

Everyone helps make lunch. Please encourage each other to participate. If you see that someone needs help and you have the time, please offer your assistance to keep things moving. The meal is family style—this means that we invite everyone to stay at the tables until everyone else is finished eating. Please stay, hang out and chat! Seconds are served only after everyone has had the chance to get firsts, so there is enough food for everyone to get at least one serving. After lunch, everyone is responsible for helping out with dishes and clean up.

Community Meeting

The community meeting is a monthly meeting that allows us to all come together and discuss upcoming trips, vote on new groups and discuss any issues or grievances anyone may have. We also aim to have a speaker at each meeting to present on a specific issue or topic.

Cookies and Coloring

A member run group where you can sit and color, quietly and enjoy some cookies too!

Co-Parenting Collaborative

The Co-Parenting Collaborative will be facilitated by co-parents themselves, Nancy Little and Ed Bryans. This is a free group, and you do not have to be a member to attend. This is a space to speak openly and honestly about co-parenting and learn more about working together as co-parents for the betterment of our children. Our goal is to host this group bi-weekly, and perhaps grow to hold on a weekly basis.

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.

Eating Disorder Recovery and Body Image

The purpose of this group is to act as a support system for each other. We can talk openly and honestly about our relationship with food including experiences with anorexia, bulimia, bingeing, purging, overeating, etc. 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. This group promotes an open dialogue about positive or negative body image, providing peer to peer support, creating a support network to ultimately feel better when we walk away from group.

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.

Game Hour

Member run group where you may play a card game, Uno, Phase 10, Yahtzee, Checkers, Chess and more!

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.

Holy Rollers Bowling

Join us for a trip to Yankee Lanes for 2 hours of bowling fun. This trip happens once a month, after community lunch and is paid for by MPS. Sign up is required and the sheet is posted on the bulletin board.

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).

Isolation Support

Isolation group 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.

Legislation and Activism

The purpose of this group is to brainstorm ways to get involved and make a difference, bringing awareness to mental health.

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.

Group Descriptions Updated 3.17.22

Life Goals

Making vision boards, setting SMART goals, journaling, and chatting about the goals we have for our lives are all things you can expect in this group. Come join us and work towards reaching your goals.

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. A modern-day home ec!

Lunch on the House

Lunch on the house is a meal prepared for the community by a staff member and offered to anyone at the center that day. The meal is family style—this means that we invite everyone to stay at the tables until everyone else is finished eating. Please stay, hang out and chat! Seconds are served only after everyone has had the chance to get firsts, so there is enough food for everyone to get at least one serving. After lunch, everyone is responsible for helping out with dishes and clean up. No one should be stuck doing all the dishes and no one should be stuck doing all the cleanup.

Men's Group

Men's group is a place where men can talk openly and not feel inhibited, and to build community among the men of MPS. The group will foster good conversation, a feeling of validity, improvement in self-esteem and self-confidence as well as an arena for men to learn something about themselves.

Movie Night

Movie night happens once a week and peers gather to choose a movie to watch together.

Name That Tune

A fun hour just like the old game show!

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.

Self-Harm Care

Self-Harm Care is a support group for those who have a history or thoughts of self-harm. Our hope is that none of us will feel alone in this group. We'll share how we have handled these difficult thoughts and the difficult feelings that have come up. Self-harm happens for a variety of reasons, and all are welcome to join the discussion and get support. This group aims to let us grow and learn from this experience and to learn to deal with these big and difficult emotions.

Strength Training

Join Melissa or Christine in the gym for a 30-minute strength training session! All fitness levels are accepted! Please sign up with a staff member.

Survivors of Sexual Assault

Survivors of Sexual Assault is a place where individuals who have been sexually abused, past or present, to talk openly about the effects of the trauma (mental or physical) without criticism or judgment. The group is facilitated by peers who have had personal experience with sexual assault and who can offer support for others who have been through/are going through this trauma. It is a group where people can find understanding, hope, compassion and to find that they are not alone or damaged.

Survivors of Suicide Attempts

Survivors of Suicide is a support group for those who have survived an attempt. Our hope is that none of us will feel alone in this group. We'll share how we have handled these difficult thoughts and the difficult feelings that have come up in the aftermath. Suicide attempts happen for a variety of reasons and with a wide range of severity, and all are welcome to join the discussion and get support. This group aims to let us grow and learn from this harsh experience and to learn to deal with these big and difficult emotions.

TED Talks

In TED talks hour, we watch a 20–30-minute TED talk from YouTube and then have a discussion group for the remaining time, about the video that we watched. This group is only available in person, but you can reach out to us to have us email you the link to the weekly video.

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.

Trivia

Come test your knowledge of history, pop culture, art and more! Teams are welcome!

Van Shopping Trip

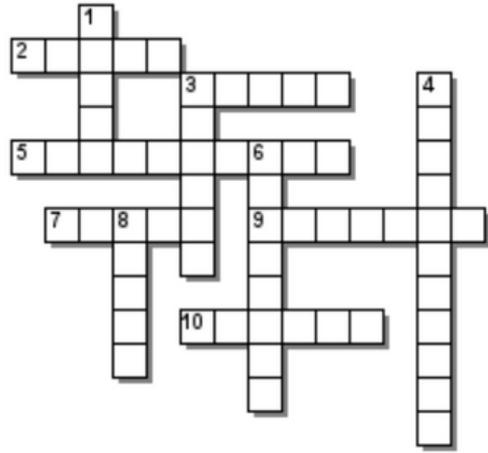
Each week we take a three-hour trip in the van, around Keene so folks can run any errands they may have like grocery shopping, banking, pharmacy run, Walmart run etc. The van ride also provides an opportunity to connect with one another whether that be through talking or listening to music.

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.



If you have any questions about groups, please call or email Shawn Maguire at 603-352-5093 or Shawn@Monadnockpsa.org



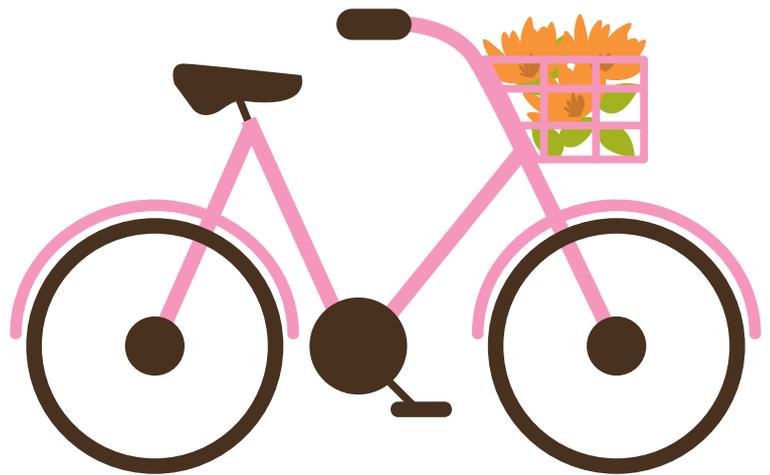
Across

- 2 - flower; Dutch flower from a bulb
- 3 - Sow these in the ground and they grow
- 5 - A day for moms; holiday
- 7 - Sign of spring; bird
- 9 - April showers bring May _____.
- 10 - A small pool of water

Down

- 1 - Farmers _____ crops
- 3 - Season after Winter
- 4 - Bug that turns into a butterfly
- 6 - flower; yellow or white
- 8 - Spring _____; vacation

5	3			7				
6			1	9	5			
	9	8						6
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9



April Birthday Spotlight

- Joe Wilson - 1
- CiCi Vega - 2
- Kimberly Austin - 4
- Sasha Acacia - 6



- Heather Foote - 8
- Tina Wood - 13
- Bridget Hogan - 17
- Ben Rich - 18



- David Moore - 7
- Amanda Wirrell - 8
- Cecily Bickford - 8



- Joe Sekulic - 21
- Karen Carrien - 24
- Lorraine Dellasanta - 26
- Amanda Wilson - 28

March

MEMORIES



Turkey Pick Up!



Time for church!



Shopping time!



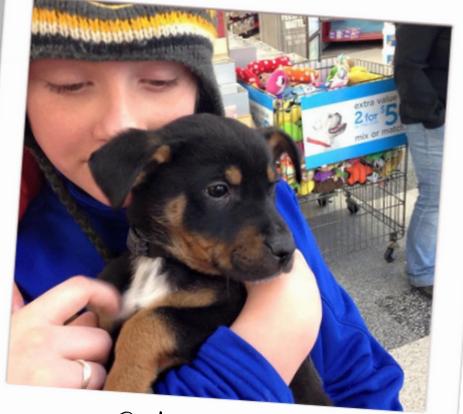
Haircut Day!



Sundays at MPS



Happy Birthday Christine



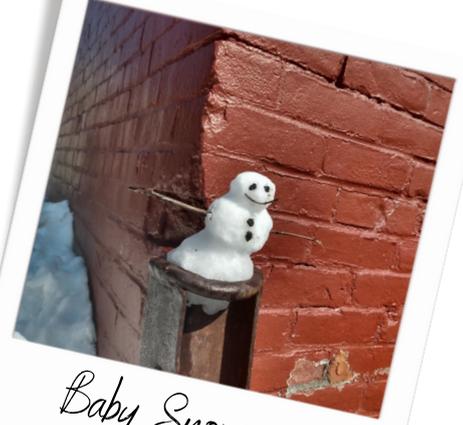
Baby Houston!



Oh happy day!



Community Meeting



Baby Snowman

March

MEMORIES



Bowling Time!



Another great day!



Community Lunch!



Maple Sugar Trip!



MPS love



Hi Tom!



Fixing the sink hole!



Smile!



Cousins chill at MPS too!



St. Patty's Day Lunch!

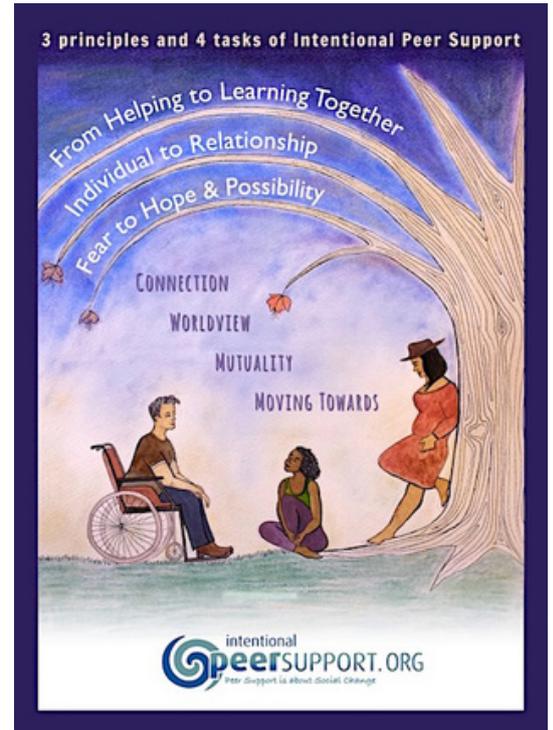
IPS Spotlight

Individual to Relationship

An excerpt from Shery Mead

When we pay attention to the relationship, it is quite different. Then we are paying attention to what is going on between us. In other words, we focus on the “space” between us, what is happening right here, right now that can either move us forward or back. Let’s take another example. If I come to “help” you and all my attention is on you and what’s wrong, then I’m not going to necessarily factor myself and my actions into the equation. But what happens if we’re not communicating well, what happens when something I do pisses you off and I simply take it as a sign of your further incapacity. Do you see where this is going? But if I pay attention to our relationship and to our communication, I can see that something I’m doing really pisses you off and I can apologize, stop doing it, or try and figure out what it’s about with you.

When I pay attention to what’s going on between us, it opens up a line of communication that supports honesty, safety, integrity, and ultimately changes the very direction I had wanted to go without you. In other words, when I pay attention to you and your changes, nothing I do factors into it, but when I put myself into the equation, I realize that yours and my interaction was just that, an interaction that might go anywhere. There is no predictability, just a seeming randomness. This randomness, this unpredictability is exactly what we are striving for in peer support, not the linear outcomes we’ve come to think of as success.



 **Monadnock**
PEER SUPPORT
32 Washington Street
Keene, NH 03431
603-352-5093

