

Office Phone: 427-6966

Member Line: 433-8679

## CONNECTIONS PEER SUPPORT CENTER

*Please visit us at 544 Islington St. Portsmouth NH*

**Hours: 8:30am-5:30 pm, Monday-Thursday; 8:30 am-4:30 pm Friday.**

**For transportation please call 603-427-6966 by 3PM the day before you need a ride.**

*We are a peer support agency offering adults 18 years and older a non-medical approach to mental wellness and recovery*



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Art with Barbara 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 WRAP Topics 2:15 Wellness w/Matt 3:00 Social Hour/Games 4:00 Young Adult Group	<b>2</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Men/Womens Grp 11:00 Nutrition/Health 12:00 Lunch/Walking 1:00 Art with Paul 2:00 Difficult Emotions 3:00 Social Hour/Games 4:00 Individual Peer Support	<b>3</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Writing 11:00 Meditation 11:45 Common Table 1:00 Anti Anxiety/Depression Group 2:00 Games 3:00 Social Hour 4:00 Individ. Peer Support	<b>4</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Gather Food Pantry 11:00 Cooking with Doug OR Getting to Know You w/ Natalie 12:00 Lunch 1:00 Music Expression 3:00 Social Hour	<p><b>Schedule subject to change</b></p> <p><b>Call for updates</b></p> <p style="font-size: 24pt;"><b>433-8679</b></p> <p><b>Join us in making lunch at CPSC Monday, Wednesday and Friday \$1-\$2 donations accepted</b></p>
<b>7</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Co-occurring/Dual Recovery 11:00 Writing Empowerment 12:00 Lunch & Check-in 1:00 Community Mtg 2:00 Social Hour/Games	<b>8</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Art with Barbara 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 WRAP Topics 2:15 Wellness w/Matt 3:00 Social Hour/Games 4:00 Young Adult Group	<b>9</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Men/Womens Grp 11:00 Nutrition/Health 12:00 Lunch/Walking 1:00 Equine Therapy Presentation 2:00 Difficult Emotions 3:00 Social Hour/Games 4:00 Individual Peer Support	<b>10</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Writing 11:00 Meditation 11:45 Common Table 1:00 Anti Anxiety/Depression Group 2:00 Games 3:00 Social Hour 4:00 Individ. Peer Support	<b>11</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Gather Food Pantry 11:00 Cooking with Doug OR Getting to Know You w/ Natalie 12:00 Lunch 1:45 Music Therapy 3:00 Social Hour	
<b>14</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Co-occurring/Dual Recovery 11:00 Writing Empowerment 12:00 Lunch & Check-in 1:00 Art with Carol 2:00 Social Hour/Games	<b>15</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Special Olympics Presentation 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 WRAP Topics 2:15 Wellness w/Matt 3:00 Social Hour/Games 4:00 Young Adult Group	<b>16</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Men/Womens Grp 11:00 Nutrition/Health 12:00 Lunch/Walking 1:00 Art with Paul 2:00 Difficult Emotions 3:00 Social Hour/Games 4:00 Individual Peer Support	<b>17</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Newsletter Group 11:00 Meditation 11:45 Common Table 1:00 Anti Anxiety/Depression Group 2:00 Games 3:00 Social Hour 4:00 Individ. Peer Support	<b>18</b> <b>Closed until 1 PM for staff training</b> 1:00 Afternoon Check-in 2:00 Social Hour/Games <b>NO VAN SERVICE</b>	
<b>21</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Co-occurring/Dual Recovery 11:00 Writing Empowerment 12:00 Lunch & Check-in 1:00 Art with Doug 2:00 Social Hour/Games	<b>22</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Art with Barbara 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 WRAP Topics 2:15 Wellness w/Matt 3:00 Social Hour/Games 4:00 Young Adult Group	<b>23</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Men/Womens Grp 11:00 Nutrition/Health 12:00 Lunch/Walking 1:00 Art with Paul 2:00 Difficult Emotions 3:00 Social Hour/Games <b>4:00 Board of Directors Meeting</b>	<b>24</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Writing 11:00 Meditation 11:45 Common Table 1:00 Anti Anxiety/Depression Group 2:00 Games 3:00 Social Hour 4:00 Individ. Peer Support	<b>25</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Gather Food Pantry 11:00 Cooking with Doug OR Getting to Know You w/ Natalie 12:00 Lunch 1:45 Music Therapy 3:00 Social Hour	
<b>28</b> <b>CLOSED</b> 	<b>29</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Art with Barbara 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 WRAP Topics 2:15 Wellness w/Matt 3:00 Social Hour/Games 4:00 Young Adult Group	<b>30</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Men/Womens Grp 11:00 Nutrition/Health 12:00 Lunch/Walking 1:00 Art with Paul 2:00 Difficult Emotions 3:00 Social Hour/Games 4:00 Individ. Peer Support	<b>31</b> 9:00 Journaling 9:30 Morning Mtng 10:00 Writing 11:00 Meditation 11:45 Common Table 1:00 Anti Anxiety/Depression Group 2:00 Games 3:00 Social Hour 4:00 Peer Support	<p><b>The center is open to everyone seeking support in pursuing mental health wellness with an emphasis on hope and recovery. All groups are free of charge and most do not require any registration. We hope to see you soon!</b></p>	