

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



JUNE 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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!</p>				<p>1 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>	<p>Schedule subject to change</p> <p>Call for updates</p> <p>433-8679</p> <p>Join us in making lunch at CPSC Monday, Wednesday and Friday \$1-\$2 donations accepted</p> 
<p>4 9:00 Journaling 9:30 Morning Mtng 10:00 Co-occurring/Dual Recovery 11:00 Writing Empowerment 12:00 Lunch & Check-in 12:30 Pet Therapy 1:00 Community Mtg 2:00 Art with Carol 3:00 Social Hour/Games 4:00 Peer Support</p>	<p>5 9:00 Journaling 9:30 Morning Mtng 10:00 Art with Barbara 11:15 Hannafords – Shop/Meet the Dietician 11:45 Connie’s Kitchen 1:00 WRAP Topics 2:15 Wellness w/Matt 3:00 Social Hour/Games 4:00 Young Adult Group</p>	<p>6 9:00 Journaling 9:30 Morning Mtng 10:00 Men/Womens Grp 11:00 Nutrition/Health 12:00 Church Lunch 1:00 IPS Topics 2:00 Stamping w/ Mary 3:00 Social Hour/Games 4:00 Individual Peer Support</p>	<p>7 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</p>	<p>8 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</p>	
<p>11 9:00 Journaling 9:30 Morning Mtng 10:00 Co-occurring/Dual Recovery 11:00 Writing Empowerment 12:00 Lunch & Check-in 1:00 Pet Therapy 1:30 Art with Carol 3:00 Social Hour/Games</p>	<p>12 9:00 Journaling 9:30 Morning Mtng 10:00 Special Olympics Presentation 11:15 Hannafords – Shop/Meet the Dietician 11:45 Connie’s Kitchen 1:00 WRAP Topics 2:15 Wellness w/Matt 3:00 Social Hour/Games 4:00 Young Adult Group</p>	<p>13 9:00 Journaling 9:30 Morning Mtng 10:00 Men/Womens Grp 11:00 Nutrition/Health 12:00 Church Lunch 1:00 IPS Topics 2:00 Stamping w/ Mary 3:00 Social Hour/Games 4:00 Individual Peer Support</p>	<p>14 9:00 Journaling 9:30 Morning Mtng 10:00 Newsletter Group 11:00 Meditation 11:45 Common Table 1:00 Barn Tour – Equine Therapy 3:00 Social Hour 4:00 Individ. Peer Support</p>	<p>15 9:00 Journaling 9:30 Morning Mtng 10:30 Hampton Beach Sandcastle Trip</p>	
<p>18 9:00 Journaling 9:30 Morning Mtng 10:00 Co-occurring 11:00 Writing Empowerment 12:00 Lunch & Check-in 12:30 Pet Therapy 1:00 Travel Training by COAST 1:30 Art with Carol 3:00 Social Hour/Games</p>	<p>19 9:00 Journaling 9:30 Morning Mtng 10:00 Art with Barbara 11:15 Hannafords – Shop/Meet the Dietician 11:45 Connie’s Kitchen 1:00 WRAP Topics 2:15 Wellness w/Matt 3:00 Social Hour/Games</p>	<p>20 9:00 Journaling 9:30 Morning Mtng 10:00 Men/Womens Grp 11:00 Nutrition/Health 12:00 Church Lunch 1:00 IPS Topics 2:00 Stamping w/ Mary 3:00 Social Hour/Games 4:00 Individual Peer Support</p>	<p>21 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</p>	<p>22 9:00 Journaling 9:30 Morning Mtng 10:00 Gather Food Pantry 11:00 Cooking with Nina OR Getting to Know You w/ Natalie 12:00 Lunch 1:45 Music Therapy 3:00 Social Hour</p>	
<p>25 9:00 Journaling 9:30 Morning Mtng 10:00 Co-occurring/Dual Recovery 11:00 Writing Empowerment 12:00 Lunch & Check-in 1:00 Pet Therapy 1:30 Art with Carol 3:00 Social Hour/Games</p>	<p>26 9:00 Journaling 9:30 Morning Mtng 10:00 Art with Barbara 11:15 Hannafords – Shop/Meet the Dietician 11:45 Connie’s Kitchen 1:00 WRAP Topics 2:15 Wellness w/Matt 3:00 Social Hour/Games 4:00 Young Adult Group</p>	<p>27 9:00 Journaling 9:30 Morning Mtng 10:00 Men/Womens Grp 11:00 Nutrition/Health 12:00 Church Lunch 1:00 IPS Topics 2:00 Stamping w/ Mary 3:00 Social Hour/Games 4:00 Board of Directors Meeting</p>	<p>28 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</p>	<p>29 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 Expression 3:00 Social Hour</p>	

LIFE HAPPENS ☺ CALENDAR SUBJECT TO CHANGE – PLEASE CALL TO CONFIRM GROUP/EVENT