

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



NOVEMBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday	
<p>CPSC 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>Schedule subject to change</p>
<p>5 9:00 Journaling 9:30 Morning Meeting 10:00 Co-occurring/Dual Recovery 11:00 Journey to Self-Discovery 12:00 Lunch & Check-in 2:00 Art 3:00 Social Hour/Games</p>	<p>69:00 Journaling 9:30 Morning Mtng 10:00 Nutrition 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 IPS Topics 2:15 Wellness 3:00 Social Hour/Games</p>	<p>7 9:00 Journaling 9:30 Morning Mtng 10:00 Art With Paul 11:00 Men/Womens Grp 12:00 Community Lunch 1:00 IPS Topics 2:00 Stamping with Mary 3:00 Social Hour/Games</p>	<p>8 9:00 Journaling 10 AM to 12 PM OPEN HOUSE and LUNCH! 2:00 WRAP for Smoking 4:00 Young Adults</p>	<p>9 9:00 Journaling 9:30 Morning Mtng 10:00 Cooking w/ Doug 11: 00 Food Pantry 12:00 Lunch 1:00 Healing w/Music 3:00 Social Hour</p>	<p>Call for updates</p> <p>433-8679</p>
<p>12 9:00 Journaling 9:30 Morning Meeting 10:00 Co-occurring/Dual Recovery 11:00 Journey to Self-Discovery 12:00 Lunch & Check-in 1:00 Pet Therapy 2:00 Art 3:00 Social Hour/Games</p>	<p>13 9:00 Journaling 9:30 Morning Mtng 10:00 Nutrition 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 IPS Topics 2:15 Wellness 3:00 Social Hour/Games</p>	<p>149:00 Journaling 9:30 Morning Mtng 10:00 Art with Paul 11:00 Mens/Womens Grp 12:00 Community Lunch 1:00 Anger Advantage 2:00 Stamping Cards 3:00 Social Hour/Games</p>	<p>15 :00 Journaling 9:30 Morning Mtng 10:00 Writing 11:00 Meditation 11:30 Thanksgiving lunch at Masonic Temple 1:00 Anti Anxiety/Depression Group 2:00 WRAP for smoking 4:00 Young Adults</p>	<p>16 9:00 Journaling 9:30 Morning Mtng 10:00 Cooking w/ Doug 11: 00 Food Pantry 12:00 Lunch 1:00 Healing w/Music 3:00 Social Hour</p>	<p>Join us in making lunch at CPSC on Mondays and Fridays \$1-\$2 donations accepted</p>
<p>19 9:00 Journaling 9:30 Morning Meeting 10:00 Co-occurring/Dual Recovery 11:00 Journey to Self-Discovery 12:00 Lunch & Check-in 1:00 Pet Therapy 2:00 Art 3:00 Social Hour/Games</p>	<p>209:00 Journaling 9:30 Morning Mtng 10:00 Nutrition 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 IPS Topics 2:15 Wellness 3:00 Social Hour/Games</p>	<p>21 9:00 Journaling 9:30 Morning Mtng 10:00 Art with Paul 11:00 Mens/Womens Grp 12:00 Community Lunch 1:00 Difficult Emotions 2:00 Stamping Cards 3:00 Social Hour/Games</p>	<p>22</p> <p style="font-size: 2em; font-weight: bold;">CLOSED</p>		
<p>26:00 Journaling 9:30 Morning Mtng 10:00 Co-occurring/Dual Recovery 11:00 Journey to Self-Discovery 12:00 Lunch & Check-in 1:00 Pet Therapy 2:00 Art 3:00 Social Hour/Games</p>	<p>27 9:00 Journaling 9:30 Morning Mtng 10:00 Nutrition 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 IPS Topics 2:15 Wellness 3:00 Social Hour/Games</p>	<p>28 9:00 Journaling 9:30 Morning Mtng 10:00 Art with Paul 11:00 Mens/Womens Grp 12:00 Community Lunch 1:00 Difficult Emotions 2:00 Stamping Cards 3:00 Board of Directors Meeting Annual Member Meeting</p>	<p>29 :00 Journaling 9:30 Morning Mtng 10:00 Writing 11:00 Meditation 11:45 Common Table 1:00 Anti Anxiety/Depression Group 2:00 WRAP for smoking 4:00 Young Adults</p>	<p>30 9:00 Journaling 9:30 Morning Mtng 10:00 Cooking w/ Doug 11: 00 Food Pantry 12:00 Lunch 1:00 Healing w/Music 3:00 Social Hour</p>	

CALENDAR SUBJECT TO CHANGE – PLEASE CALL TO CONFIRM GROUP/EVENT