

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

JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday	
	1 CLOSED 	2 9:00 Journaling 9:30 Morning Mtng 10:30 Art With Paul 12:00 Community Lunch 1:00 World View Group 2:00 Stamping with Mary 2:45 Clean up 3:00 Social Hour	3 9:00 Journaling 9:30 Morning Mtng 10:30 Meditation 11:00 Wrting Group 11:45 Common Table 1:00 Community Meeting 2:00 Afternoon Checkin 3:00 Young Adults	4 9:00 Journaling 9:30 Gather Food Pantry 10:00 Cooking with Doug and Lunch Prep 12:00 Lunch 1:00 WRAP Topics 2:00 Movie/TED talks 3:00 Social Hour	<p>Schedule subject to change</p> <p>Call for updates</p> <p>433-8679</p> <p>Join us in making lunch at CPSC on Mondays and Fridays \$1-\$2 donations accepted</p>
7 9:00 Journaling 9:30 Morning Mtng 10:00 Moving Toward 11:00 Writing 12:00 Lunch & Check-in 1:00 Pet Therapy 1:30 Stretching 2:00 Art 3:00 Co-occurring/Dual Recovery	8 9:00 Journaling 9:30 Morning Mtng 10:00 Healthy Eating on a Budget 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 IPS Topic 1:30 Advocacy 2:00 Check-in/Clean up 3:00 Social Hour	9 9:00 Journaling 9:30 Morning Mtng 10:30 Art With Paul 12:00 Community Lunch 1:00 World View Group 2:00 Stamping with Mary 2:45 Clean up 3:00 Social Hour	10 9:00 Journaling 9:30 Morning Mtng 10:30 Meditation 11:00 Writing Group 11:45 Common Table 1:00 Dealing with Anxiety and Depression 2:00 Afternoon Checkin 3:00 Young Adults	11 9:00 Journaling 9:30 Gather Food Pantry 10:00 Cooking with Doug and Lunch Prep 12:00 Lunch 1:00 WRAP Topics 2:00 Movie/TED talks 3:00 Social Hour	
14 9:00 Journaling 9:30 Morning Mtng 10:00 Moving Toward 11:00 Writing 12:00 Lunch & Check-in 1:00 Pet Therapy 1:30 Stretching 2:00 Art 3:00 Co-occurring/Dual Recovery	15 9:00 Journaling 9:30 Morning Mtng 10:00 Healthy Eating on a Budget 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 IPS Topic 1:30 Advocacy 2:00 Check-in/Clean up 3:00 Social Hour	16 9:00 Journaling 9:30 Morning Mtng 10:30 Art With Paul 12:00 Community Lunch 1:00 World View Group 2:00 Stamping with Mary 2:45 Clean up 3:00 Social Hour	17 CLOSED FOR STAFF TRAINING 8:30 to 1:00 PM 1:00 Afternoon Checkin 2:00 Writing Group 3:00 Young Adults	18 9:00 Journaling 9:30 Gather Food Pantry 10:00 Cooking with Doug and Lunch Prep 12:00 Lunch 1:00 WRAP Topics 2:00 Movie/TED talks 3:00 Social Hour	
21 9:00 Journaling 9:30 Morning Mtng 10:00 Moving Toward 11:00 Writing 12:00 Lunch & Check-in 1:00 Pet Therapy 1:30 Stretching 2:00 Art 3:00 Co-occurring/Dual Recovery	22 9:00 Journaling 9:30 Morning Mtng 10:00 Healthy Eating on a Budget 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 IPS Topic 1:30 Advocacy 2:00 Check-in/Clean up 3:00 Social Hour	23 9:00 Journaling 9:30 Morning Mtng 10:30 Art With Paul 12:00 Community Lunch 1:00 Police Presentation 2:00 Stamping with Mary 2:45 Clean up 4:00 Board of Directors Meeting – Members and staff welcome!	24 9:00 Journaling 9:30 Morning Mtng 10:30 Meditation 11:00 Wrting Group 11:45 Common Table 1:00 Dealing with Anxiety and Depression 2:00 Afternoon Checkin 3:00 Young Adults	25 9:00 Journaling 9:30 Gather Food Pantry 10:00 Cooking with Doug and Lunch Prep 12:00 Lunch 1:00 WRAP Topics 2:00 Movie/TED talks 3:00 Social Hour	
28 9:00 Journaling 9:30 Morning Mtng 10:00 Moving Toward 11:00 Writing 12:00 Lunch & Check-in 1:00 Pet Therapy 1:30 Stretching 2:00 Art 3:00 Co-occurring/Dual Recovery	29 9:00 Journaling 9:30 Morning Mtng 10:00 Healthy Eating on a Budget 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 IPS Topic 1:30 Advocacy 2:00 Check-in/Clean up 3:00 Social Hour	30 9:00 Journaling 9:30 Morning Mtng 10:30 Art With Paul 12:00 Community Lunch 1:00 World View Group 2:00 Stamping with Mary 2:45 Clean up 3:00 Social hour	31 9:00 Journaling 9:30 Morning Mtng 10:30 Meditation 11:00 Writing Group 11:45 Common Table 1:00 Dealing with Anxiety and Depression 2:00 Afternoon Checkin 3:00 Young Adults	<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>	

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

In case of inclement weather, check WMUR school closing list. If Portsmouth schools are closed, the center will be closed. If there is a two-hour delay in Portsmouth, CPSC will open at 10:00, but transportation outside of Portsmouth will not be provided.