

Office Phone: 427-6966

CONNECTIONS PEER SUPPORT CENTER

Member Line: 433-8679



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

APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
1 9:30 Morning Mtng 10:00-12 Intermediate Art 11:00 Self advocacy 12:00 Lunch & Check-in 1:00 Marty Fuller: It's MY LIFE! Planning my Future 2:30 Afternoon Checkin/ Clean up	2 9:30 Morning Mtng 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 - 3:30 WRAP 1:00 Social Hour and Games 2:30 Clean up	3 9:30 Morning Mtng 10:00 WRAP Topics 11:00 Art group 11:45 Community Lunch 1:00 Anger Advantage 2:30 Cleanup 3:00 YA Game Group	4  CLOSED 3:30 Women's Group	5 9:30 Gather Food Pantry/ Morning Mtng 10:00 Cooking w/Doug 12:00 Lunch/ community Mtng. 1:00 Music Therapy 2:30 Clean up	Schedule subject to change Call for updates 433-8679 Join us in making lunch at CPSC on Mondays and Fridays \$1-\$2 donations accepted
8 9:30 Morning Mtng 10:00-12 Intermediate Art 11:00 Self advocacy 12:00 Lunch & Check-in 1:00 Marty Fuller: Making Your Dreams Your Reality. 2:30 Afternoon Checkin/ Clean up	9 9:30 Morning Mtng 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 - 3:30 WRAP 1:00 Social Hour and Games 2:30 Clean up	10 9:30 Morning Mtng 10:00 WRAP Topics 11:00 Art group 11:45 Community Lunch 1:00 PORTSMOUTH P.D. PERSONAL SAFETY COURSE 3:00 YA Game Group	11 CLOSED FOR STAFF CO-REFLECTION 1:15 Anxiety and Depression 2:15 Meditation w/ Rich 3:30 Women's Group	12 9:30 Gather Food Pantry/ Morning Mtng 10:00 Cooking w/Doug 12:00 Lunch 12:30 FINANCIAL PLANNING w/Christina 2:30 Cleanup	
15 9:30 Morning Mtng 10:00-12 Intermediate Art 11:00 Self advocacy 12:00 Lunch & Check-in 1:00 Music Therapy 2:30: Afternoon Checkin/ Clean up	16 9:30 Morning Mtng 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 - 3:30 WRAP 1:00 Social Hour and Games 2:30 Clean up	17 9:30 Morning Mtng 10:00 WRAP Topics 11:00 Art group 11:45 Community Lunch 1:00 Anger Advantage 2:30 Cleanup 3:00 YA Game Group 4:00 Board of Directors Mtng	18 9:30 Morning Mtng 10:00 NEWSLETTER writing group 11:00 IPS Topics 11:45 Common Table 1:00 Anxiety and Depression 2:15 Meditation w/ Rich 3:30 Women's Group	19 9:30 Gather Food Pantry 10:00 Cooking w/Doug 12:00 Lunch/ Birthday celebrations 1:00 Open Art/Writing/Games 2:30 cleanup	
22 9:30 Morning Mtng 10:00-12 Intermediate Art 11:00 Self Advocacy 12:00 Lunch & Check-in 1:00 Pet Therapy 1:30 Writing Group 2:30 Afternoon Checkin/ Clean up	23 9:30 Morning Mtng 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 - 3:30 WRAP 1:00 Social Hour and Games 2:30 Clean up	24 9:30 Morning Mtng 10:00 WRAP Topics 11:00 Art group 11:45 Community Lunch 1:00 Anger Advantage 2:30 Cleanup 3:00 YA Game Group	25 9:30 Morning Mtng 10:00 Writing Group 11:00 IPS Topics 11:45 Common Table 1:00 Anxiety and Depression 2:15 Meditation w/ Rich 3:30 Women's Group	26 9:30 Gather Food Pantry/ morning mtng 10:00 Cooking w/Doug 12:00 Lunch/ Community Mtng 1:00 Open Art/ Writing/Games 2:30 Cleanup	
29 CLOSED	30 	<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>CPSC Board Meeting: Wednesday, April at 4 PM</p> <p>Join us for the monthly board of directors meeting. All members and staff are welcome and encouraged to attend.</p>			

CALENDAR SUBJECT TO CHANGE PLEASE CALL TO CONFIRM GROUP/EVENT