

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*

### May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>CPSC Board Meeting:</b> <b>Wednesday, May 22 at 4 PM</b> Join us for the monthly board of directors meeting. All members and staff are welcome and encouraged to attend		<b>1</b> 9:30 Morning Mtng 10:00 WRAP Topics 11:00 Art group 11:45 Community Lunch 1:00 <b>Knife Sharpening Workshop</b> 2:30 Cleanup 3:00 YA Game Group	<b>2</b> 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	<b>3</b> 9:30 Gather Food Pantry/ Morning Mtng 10:00 Cooking w/Doug 12:00 Lunch/ community Mtng. 1:00 Open writing/art/discussion 2:30 Clean up	<b>Schedule subject to change</b>  <b>Call for updates</b>  <b>433-8679</b>
<b>6</b> 9:30 Morning Mtng 10:00-12 Intermediate Art 11:00 Self advocacy 12:00 Lunch & Check-in 1:00 <b>FINANCIAL PLANNING w/ Christina</b> 2:30 Afternoon Checkin/ Clean up	<b>7</b> 9:30 Morning Mtng 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00-3 <b>WRAP/ Social Hour</b> and 2:00 Games 2:30 Clean up	<b>8</b> 9:30 Morning Mtng 10:00 WRAP Topics 11:00 Art group 11:45 Community Lunch 1:00 <b>Swift ride w/ Maggie</b> 3:00 YA Game Group	<b>9</b> 9:30 Morning Mtng 10:00 Writing Group 11:00 IPS Topics 11:45 Common Table 1:00 <b> OCD Discussion</b> 2:15 Meditation w/ Rich 3:30 Women's Group	<b>10</b> 9:30 Gather Food Pantry/ Morning Mtng 10:00 Cooking w/Doug 12:00 Lunch/ community Mtng. 1:00 <b>MUSIC THERAPY</b> 2:30 Cleanup	
<b>13</b> 9:30 Morning Mtng 10:00-12 Intermediate Art 11:00 Self advocacy 12:00 Lunch & Check-in 1:00 <b>Music Therapy</b> 2:30: Afternoon Checkin/ Clean up	<b>14</b> 9:30 Morning Mtng 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 <b>WRAP/ Social Hour</b> and Games 2:30 Clean up	<b>15</b>  <b>CLOSED for IPS Training</b>	<b>16</b> 9:30 Morning Mtng 10:00 <b>NEWSLETTER writing group</b> 11:00 IPS Topics 11:45 Common Table 1:00 Anxiety and Depression 2:15 Meditation w/ Rich 3:30 Women's Group	<b>17</b> 9:30 Gather Food Pantry 10:00 Cooking w/Doug 12:00 Lunch/ community Mtng. 1:00 Open Art/Writing/Games 2:30 cleanup	<b>Join us in making lunch at CPSC on Mondays and Fridays \$1-\$2 donations accepted</b>
<b>20</b> 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	<b>21</b> 9:30 Morning Mtng 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 Social Hour and Games 2:30 Clean up 5:30 UNSTUCK at Wentworth Douglas Hosp	<b>22</b> 9:30 Morning Mtng 10:00 WRAP Topics 11:00 Art group 11:45 Community Lunch 1:00 <b>Advocacy with Marty: ASKING FOR – AND GETTING – RESULTS!</b> 4:00 <b>Board of Directors Mtng</b>	<b>23</b> 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	<b>24</b> 9:30 Gather Food Pantry/ morning mtng 10:00 Cooking w/Doug 12:00 Lunch/ Community Mtng 1:00 <b>MUSIC THERAPY</b> 2:30 Cleanup	
<b>27</b>  <b>CLOSED</b>  	<b>28</b> 9:30 Morning Mtng 11:15 Hannafords – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 Social Hour and Games 2:30 Clean up	<b>29</b> 9:30 Morning Mtng 10:00 WRAP Topics 11:00 Art group 11:15 11:45 Community Lunch 1:00 Anger Advantage 2:30 Cleanup 3:00 YA Game Group	<b>30</b> 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	<b>31</b> 9:30 Gather Food Pantry/ morning mtng 10:00 Cooking w/Doug 12:00 Lunch/ <b>12:30 Community Mtng</b> 1:00 Open writing/art/discussion 2:30 Cleanup	

**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!**