

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*

### SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>2</b> <b>CLOSED</b></p> 	<p><b>3</b></p> <p>9:30 Morning Meeting 10:15 Nutrition Group 11:15 Hannaford – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 WRAP Topics 2:30 Clean up</p>	<p><b>4</b></p> <p>9:30 Morning Meeting or Walking group 10:15 Mens/Womens group 11:00 Journaling 11:45 Community Lunch 1:00 Art with Paul 2:30 Cleanup</p>	<p><b>5</b></p> <p>9:30 Morning Meeting 10:00 Writing Group 11:00 IPS 11:45 Common Table 1:00 Anxiety and Depression 2:30 Cleanup</p>	<p><b>6</b></p> <p><b>Odiorne Point</b></p>  <p><b>Picnic/ BBQ</b></p>	<p><b>Schedule subject to change Call for updates</b></p> <p><b>427-6966</b></p>
<p><b>9</b></p> <p>9:30 Morning Meeting 10:00 Dual Recovery or Art Group 11:00 Cooking Group 12:00 Lunch &amp; Check-in 1:15 WHAM Goals grp 2:30 Afternoon Clean up 3:30 Women's Group</p>	<p><b>10</b></p> <p>9:30 Morning Meeting 10:00 Nutrition Group 11:15 Hannaford – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 WRAP Topics 2:30 Clean up</p>	<p><b>11</b></p> <p><b>CLEANUP DAY</b></p> 	<p><b>12</b></p> <p>9:30 Morning Meeting 10:00 Writing Group 11:00 IPS: Difficult Conversations 11:45 Common Table 1:00 Anxiety and Depression 2:30 Cleanup</p>	<p><b>13</b></p> <p>9:30 Gather Food Pantry/ Morning Mtg 11:00 Cooking Group 12:00 Lunch/ community meeting 1:00 Self-Compassion 2:30 Cleanup</p>	
<p><b>16</b></p> <p>9:30 Morning Meeting 10:00 Dual Recovery or Art Group 11:00 Dual Recovery 12:00 Lunch 1:00 Financial Advice 2:30: Afternoon Clean up 3:30 Women's Group</p>	<p><b>17</b></p> <p>9:30 Morning Meeting 10:15 Nutrition Group 11:15 Hannaford – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 WRAP Topics 2:30 Clean up</p>	<p><b>18</b></p> <p>9:30 Morning Meeting or Walking group 10:15 Mens/Womens group 11:00 Journaling 11:45 Community Lunch 1:00 Art with Paul 2:30 Cleanup</p>	<p><b>19</b></p> <p>9:30 Morning Meeting 10:00 <b>NEWSLETTER writing group</b> 11:00 IPS Topics 11:45 Common Table 1:00 Anxiety and Depression 2:30 Cleanup</p>	<p><b>20</b></p> <p>9:30 Gather Food Pantry/Morning mtg 10:00 <b>Jewelry Wkshp/</b> 11:00 Cooking Group 12:00 Lunch/ community meeting 1:00 <b>Jewelry Wkshp</b></p>	
<p><b>23</b></p> <p>9:30 Morning Meeting 10:00 Dual Recovery or Art Group 11:00 Cooking Group 12:00 Lunch &amp; Check-in 1:15 WHAM Goals grp 2:30 Afternoon Clean up 3:30 Women's Group</p>	<p><b>24</b></p> <p>9:30 Morning Meeting 10:15 Nutrition Group 11:15 Hannaford – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 WRAP Topics 2:30 Clean u</p>	<p><b>25</b></p> <p>9:30 Morning Meeting 10:15 Mens/Womens group 11:00 <b>Walk w/ a Cop</b> or Journaling 11:45 Community Lunch 1:00 Art with Paul 2:30 Cleanup</p>	<p><b>26</b></p> <p>9:30 Morning Meeting 10:00 Writing Group 11:00 IPS Difficult Conversations 11:45 Common Table 1:00 <b>Fall Prevention</b> 2:30 Cleanup</p>	<p><b>27</b></p> <p>9:30 Gather Food Pantry/ morning mtg 11:00 Cooking Group 12:00 Lunch/ Community Meeting 1:00 <b>Relaxation w/ Kate</b></p>	
<p><b>28</b></p> <p>9:30 Morning Meeting 10:00 Dual Recovery or Art Group 11:00 Cooking Group 12:00 Lunch &amp; Check-in 1:15 WHAM Goals grp 2:30 Afternoon Clean up 3:30 Women's Group</p>	<p><b>29</b></p> <p>9:30 Morning Meeting 10:00 Nutrition Group 11:15 Hannaford – Shopping/Dietary Advice 11:45 Connie's Kitchen 1:00 WRAP Topics 2:30 Clean up</p>	<p><b>30</b></p> <p>9:30 Morning Meeting or Walking Group 10:15 Mens/Womens group 11:00 Journaling 11:45 Community Lunch 1:00 Art with Paul 2:30 Cleanup</p>	<p><b>Join us in making lunch at CPSC on Mondays and Fridays \$1-\$2 donations accepted</b></p>		

#### CPSC Board Meeting:

Join us for the monthly board of directors meeting. All members and staff are welcome!

**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!**