

July 2022

Upcoming events

NH Mental Health Peer Alliance, Tue Jul 19, 10 AM. Come, let your voice be heard. The Alliance is made up of adults with lived experience who want to improve mental health services in NH, organizing to advocate, educate, and inform. Please use this link <https://meet.goto.com/709997085> to join us.

Board of Directors, Wed, Jul 27, 5 PM. Members and staff welcome and encouraged to attend Through this link: <https://meet.goto.com/160387205>

Community Meeting, Mon, Jul 11, 10:15 AM Whether offering ideas for new groups or getting updates on Step Up/Step Down, this a chance for our entire community to gather and be involved in making Connections even better. We need your voice!
<https://meet.goto.com/709997085>



A Community for all



~From our Summer Art Workshop, with Barbara Levy, James gave us a gorgeous sun to keep us warm Take a look in inside for more.

At Connections, we wish to create a truly accepting community for all of our members. During Pride Month, we hosted Q, from the Affirming Spaces Project to talk about ways we can welcome the LGBTQ community. Inside, you can find a recap of their presentation and as well as member reflections on coming out as a teenager and coming to accept an adult transgender child. We would love to have you join the conversation.

MAKING CONNECTIONS



I visited Connections at the end of May to give a presentation on gender and gender-inclusive language. It was so wonderful to visit the space and meet everyone! I appreciated the opportunity to share my experience as a transgender person and answer questions for the group. Everyone was so friendly and kind, and I really enjoyed my visit.

With a little practice, anyone can make small shifts in their everyday language and practices to be more welcoming to those around them. Here are a few tips:

- The next time you see a group of people, try to greet them in a way that is "gender-neutral" (for example, "Hello everyone" instead of "Hi ladies"). Over time, work to shift your mindset when you meet new people so that you avoid assuming their gender or how they might want to be addressed.
- When someone does tell you they are transgender, or asks you to use different pronouns (such as she/her, they/them, or he/him) to refer to them, respect their wishes. Believe them when they tell you who they are! Everyone's experiences are valid and every person you meet deserves respect and kindness.
- If you know someone is transgender, or know an old name they used to go by, keep that information private. Respect their decision to discuss it with others or not.
- If someone tells you they are transgender, avoid asking personal questions about their past, their body, or their future plans. It can feel very uncomfortable to be asked invasive questions about things like medical procedures or family dynamics by someone you just met, even if the person is asking nicely.

To all the LGBTQ+ people in the Connections community, I hope you had a good Pride Month! And to everyone else I met at Connections, thank you for being so welcoming and for your openness and willingness to learn. The more we all come together to have these discussions, the friendlier the world will be for us all. :)

OUR VOICES

TJ reflects on the emotions of coming out:

Have you ever been scared to speak? Like all the love you knew and counted on from your family could go right out the window? Have you ever taken a trust fall with your words and prayed that the people on the other side would be able to catch you? This vulnerable state is me at 16 years old coming out as gay to my family and friends. I remember praying for strength because inside I was ready to crumble. I thought all of my doubts and insecurities had to be painted as strengths because how else would people be able to believe me? How else could they understand something that deviated from their “normal”? The best gift you can give someone going through a coming out process is validating their feelings and experiences.

Karen writes about her experience as the parent of a transgender adult:

My reaction when Christine first told me she was transgender was concern for her safety, because there are so many prejudiced people in the world. I advised her to carry pepper spray at all times. This worry increased a year or so later when Cristine told me that when you take female hormones, you lose muscle and gain fat. I told her this would make her as vulnerable as someone who was female at birth, if attacked. She got a larger pepper spray.

I wished that she was still my son, but I wanted what all parents want; for my child to grow up to be happy, so her first Christmas as a woman I bought her women’s clothes and jewelry and she seemed very pleased. Christine has changed her preferred pronoun to they.

I want to learn how to understand my child for who they are. I have looked online for support groups for parents of LGBTQ+, but all I have found are for parents of teens. Christine was 31 when she transitioned. AARP is going to have a panel discussion for grandparents of LGBTQ+ on how to become an ally. I am going to sign up and hope they let me in even though I am a parent. I feel like I have fallen through the cracks; there are no support groups for my situation.

For 30 years I had a son and now I don’t anymore. I miss my son. It feels strange to miss someone who is still in your life. But I love and cherish Christine. I always will.

Karen

SUMMER ART

Longtime member and teacher Barbara Levy has been giving a series of seasonal art workshops. We think the results of the recent one in celebration of summer are particularly striking. Thank you, Barbara, for sharing your passion and your expertise!



OUR VOICES

Finally, Right

Overnight, I'm in my mind deep
Finally, I don't have broken sleep
Within my brain, bad thoughts used to leak
Couldn't get rid of them, I was too weak
Was on the wrong train's rails
Now it's a smooth ride as the ship sails
My poetry, to me has now come back
Thoughts were running on the wrong track
Thinking "meds" change is finally right
This has given me gratefulness, and a new
Sight
Now in life I CAN tend
Slowly, I know I am on the mend
Feeling good about myself; in life I can share
I am still trying to, of me care
Knowing this will happen in time
A great start is that I am writing a rhyme

~Mary B

Barbecues are Happening!



Noah cordially invites you come check out his grilling expertise at our next cookout, scheduled for Thursday, July 14 at Hilton Park in Dover.

Come enjoy a beautiful day by the water. We provide hamburgers, hotdogs, chips, and drinks. Save your spot by calling us at 603-427-6966 by 3 PM Tuesday, July 12, and let us know if you need transportation.

Maybe rescheduled due to weather. We'll call you if you are on the list.

Hope to see you there!

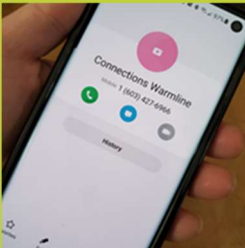

Connections Peer Support



544 Islington St, Portsmouth, NH 03801
603-427-6966

Center Hours: 8:30-5:30 Mon-Thur,
8:30-4:30 Fri

Warmline Telephone Support:
5-10 PM 7 days a week

Monday		Tuesday		Wednesday	
		<p>Warmline: When You Just Want to Talk to Someone Our trained peers are here to listen 365 days a year from 5-10 PM. If you are having a great day and want to share your success, or having a tough day and need some support, give us a call</p> <p style="text-align: center;">603 427 6966</p>			
<p>CLOSED</p> 	4	<p>9:15 AM Check-in 10:15 IPS Topics 11:00 Meditative Art 11:30 BYO Lunch/Check-in/Walking 12:00 Music to my Heart 1:15 Assertiveness and Self-Advocacy</p>	5	<p>9:15 AM Check-in 10:15 Reducing Negative Thinking 11:30 Community Lunch/Check-in/Walking Group 12:00 Al-Anon Meeting 1:15 Addressing Trauma</p>	6
<p>9:15 AM Check-in 10:15 Community Meeting 11:00 Hearing Voices 11:30 BYO Lunch/Check-in/Walking Group 1:15 Anger Management 2:15 Dual Recovery*</p>	11	<p>9:15 AM Check-in 10:15 IPS Topics 11:00 Meditative Art 11:30 BYO Lunch/Check-in/Walking 12:00 Music to my Heart 1:15 Assertiveness and Self-Advocacy</p>	12	<p>9:15 AM Check-in 10:15 Guest Speaker: HAVEN 11:30 Community Lunch/Check-in/Walking Group 12:00 Al-Anon Meeting 1:15 Addressing Trauma</p>	13
<p>9:15 AM Check-in 10:15 Personal Boundaries 11:00 Hearing Voices 11:30 BYO Lunch/Check-in/Walking Group 1:15 Anger Management 2:15 Dual Recovery*</p>	18	<p>9:15 AM Check-in 10:15 NH Peer Alliance 11:00 Meditative Art 11:30 BYO Lunch/Check-in/Walking 12:00 Music to my Heart 1:15 Assertiveness and Self-Advocacy</p>	19	<p>9:15 AM Check-in 10:15 Reducing Negative Thinking 11:30 Community Lunch/Check-in/Walking Group 12:00 Al-Anon Meeting 1:15 Addressing Trauma</p>	20
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July 2022 Schedule

For more information, including group descriptions, please visit our website:

connectionspeersupport.org

Or call us at 603 427 6966



Thursday	Friday	
	9:15 AM Check-in 10:15 Meditation/Journal Prompts 11 Visit Gather/Hannaford 11:30 Meal Planning 12:00 BYO Lunch/Check-in 1:15 Coping Skills thru Art	1
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14 BBQ at Hilton Park Hamburgers, hotdogs, chips, and drinks. Reserve your spot by calling by 3 PM Tue, July 12.	9:15 AM Check-in 10:15 Meditation/Journal Prompts 11 Visit Gather/Hannaford 11:30 Meal Planning 12:00 BYO Lunch/Check-in 1:15 Coping Skills thru Art	15
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- All services free of charge.
 - No referral needed.
 - We offer transportation.
 - Groups available in person or online.
 - In case of bad weather, the center may close but groups still run online.
 - Masks are optional.
- Step-Up Step-Down: Taking Peer Support to a Whole New Level**



Connections Community is our peer-driven, voluntary residential program. Staffed by peer specialists, we are here to support you in achieving your mental health goals. For more information, please see our website connectionspeersupport.org/susd

COMMUNITY RESOURCES

Please send any additions or corrections to

info@connectionspeersupport.org

Crisis Text: Text HOME to 741741 to connect with a trained crisis counselor www.crisistextline.org

To connect with local resources in the Seacoast area, go to www.211nh.org OR call 211.

Service Link:

Your link to information and support services within your community.

<https://www.servicelink.nh.gov/>

Toll Free Number: 1-866-634-9412

Peer Respite:

Peer Respite is a 24-hour, peer-driven, short-term, non-medical alternative to hospitalization. To begin your pre-qualifying application and interview, call the following respite centers:

Stepping Stones, Claremont, NH. Respite 603-543-1388, Stepping Stone Peer Center: 603-543-1388, Toll Free: 1-888-582-0920, www.steppingstonenextstep.org

H.E.A.R.T.S. Peer Support of Greater Nashua, Nashua, NH. Crisis Respite: 603-864-8769, Peer Support Center: 603-882-8400, www.heartspsa.org.

Monadnock Area Peer Support Agency, Keene NH 03431, Respite 603-352-5093 www.monadnockpsa.org

Legal Help:

NH Legal Assistance 603 431-7411

NH Pro Bono 800-639-5290

Legal Advice & Referral Center

800-639-5290

Disability Rights Center:

800-834-1721

Meals:

Salvation Army Food Truck parked on behind Middle St Baptist

Church, Portsmouth: Dinner Daily

5:00-6:00PM, Breakfast included

for next day. Takeout only

Middle St Baptist Church, 18 Court

St, Portsmouth Community Lunch,

Wed 12 PM-1 PM. Takeout only

St. John's Church, Chapel St

Portsmouth Community Lunch:

Thur 12-1 PM. Takeout only

Community Health Services:

Families First: Providing health and dental care, as well as parent and family support. Portsmouth

location: 8 Greenleaf Woods,

Portsmouth 603-422-8208

Food Banks:

Operation Blessing: 600A Lafayette

Rd, Portsmouth: Call for an

appointment. 603 430 8561

Gather: 210 West Rd, Suite 3,

Portsmouth. Monday-Thursday 10

AM- 5 PM by appointment, Friday

10 AM-1 PM. info@gathernh.org or

603-436 9641

Mental Health/Substance Misuse Resources:

Alcoholics Anonymous, A.A. World Services, Inc., 24-Hour Hotline 1-800-593-3330; www.aa.org/

NAMI NH, www.naminh.org

National Suicide Prevention 1 800-273-TALK (8255),

www.suicidepreventionlife.org/

Granite Recovery Centers

855 712 7784

<https://www.graniterecoverycenters.com/treatment-program/mental-health>

Granite Pathways Rehabilitation

Services 10 Ferry St, Suite 319,

Concord NH granitepathways.org

Safe Harbor

603-225-9540,

<https://granitepathwaysnh.org/safe-harbor-recovery-center/>

Seacoast Mental Health Center, Inc.

603-431-6703, <http://www.smhc-nh.org/>

Seacoast Pathways

603-812-9031,

<https://www.seacoastpathways.org>

Transportation:

ACT (Alliance for Community Transportation) 603-834-6010, triplink@communityrides.org

COAST (Cooperative Alliance for Seacoast Transportation)

603-743-5777, www.coastbus.org

FREE COMMUNITY EVENTS

Here we focus on events in the Portsmouth community, with an occasional, distant online offering. Please note, that while all events are free, you may need to pre-register; just follow the links or call!

Portsmouth Library Events

Weekly Meditation

Wednesdays, 12:15 PM

A rotating roster of local teachers. In the library or online.

<https://portsmouthpl.librarycalendar.com/events/weekly-meditation-66>

Sunday Summer Yoga

Sundays, 8 AM, in the field beside the library

This summer, Portsmouth Public Library will host a weekly outdoor yoga class for adults, in the field beside the library, every Sunday morning, June 26 to August 28, at 8 AM! Come join teacher Sage Clarke for a 75-minute, outdoor, all-levels yoga class for adults. Classes will be held under a tent. Our focus will be to move and awaken the body, find a mental respite from our busy lives, recharge our spirit, and fully enjoy our precious summer. You will be led by an experienced instructor and will be encouraged to work at your own level to get the perfect practice for you. No experience is required, but you should be able to move from seated on your mat to standing without difficulty. Please bring your own yoga mat. We look forward to our Sunday Summer practice together! Note: the library building is not open at this time, and restrooms will be unavailable. **Registration is not required – drop-ins welcome. Free and open to all adults.**

<https://portsmouthpl.librarycalendar.com/node/11829>

Classics Book Club: The Country of the Pointed Firs

Tue, Jul 5, 7 PM

In scene after memorable scene of Sarah Orne Jewett's fictional masterpiece, *The Country of Pointed Firs*, the Maine-born author recorded what she felt were the rapidly disappearing traditions, manners, and dialect of Maine coast natives at the turn of the twentieth century. In luminous evocations of their lives — a happy family reunion, an old seaman's ghostly vision, a disappointed lover's self-imposed exile, and more — Jewett created startlingly real portraits of individual New Englanders and a warm, humorous, and compassionate vision of the New England character.

<https://portsmouthpl.librarycalendar.com/event/classics-book-club-country-pointed-firs>

Art Around Town

Fri, Jun 3, 5-8 PM

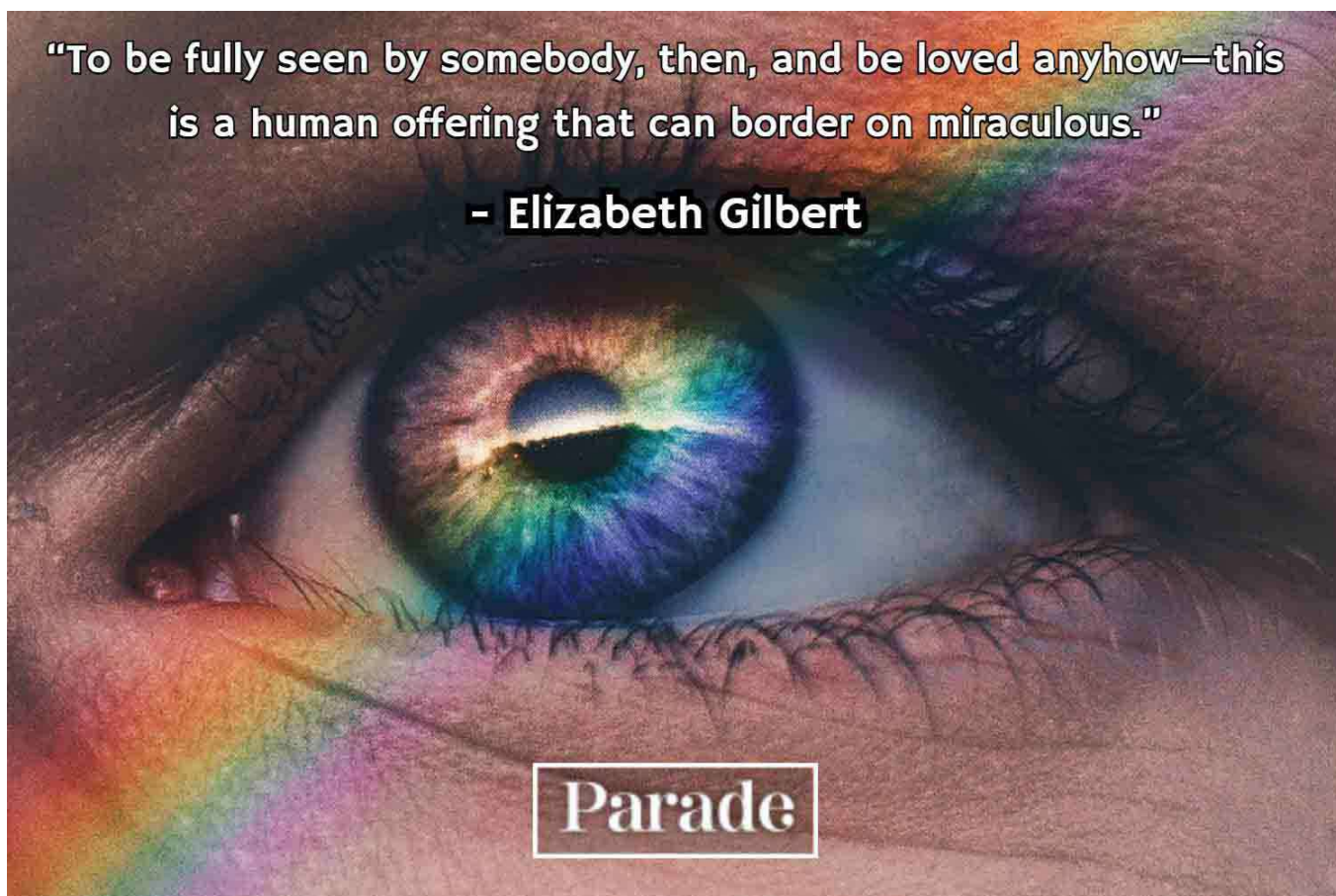
The first Friday of every month year-round, downtown Portsmouth celebrates its inspired, intimate urban community in big city style by presenting its Art 'Round Town free gallery walk! Featuring fantastic art, new exhibitions, and refreshments at each participating gallery! Check the website for participating galleries.

<http://arroundtown.org/>

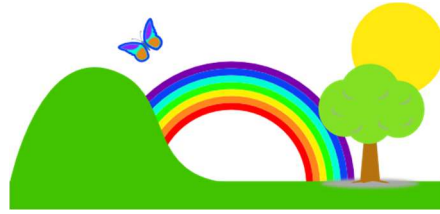
Quote of the Month:

"If I wait for someone to validate my existence, it will mean I am shortchanging myself."

Zanele Muholi



THE MONTHLY PUZZLE



Created with TheTeachersCorner.net Word Search Maker

The words in this month's puzzle were taken from the main article.
What do they mean to you?

Y D I O L Y A W R E J Q X L P U Y X Q H
N O O Y D S S X C K W Y Y A C R N J C G
I T T U O I C N Y E T E V B D X L O O Q
H A C P B D A N O I L M T Q O B M L Z N
G I Q M K T R J M B L E I T S I Z K M W
X H B T P H E T A A C G K B N W N K Y S
E D J E P E D R M N Z C J G A Q Z Q G Y
M D C A Y R E R A X H E O L O H A T K W
O C I V A N O T F O D U T H C L G V F Z
A Z X R L N P K C I T Z R C C S N B T J
P Y W U P E T R Z B I S O P O S F U J Q
C Q V W C Q J T O W D M P P D T D H O R
A G N C M L Q W O D P F P S L I A V E B
U S A T U W T K Q A Q X U G P G U Y Q Z
H E S X V H G G S O X A S T K M Z B U G
T V R M T Y H S Z Q X Q I G U A P I A K
X O I T C R I H V L R J R W W N L L L U
M I W N I O J D M J N U O N O R P M I O
B H M Y N F U H G I C E X E N K S H T M
C D H X P D Z J B A P X A L L I E S Y C

LGBTQ
ALLIES
EQUALITY
SUPPORT
NORMAL

PRONOUN
VULNERABLE
COMING OUT
ACCEPTANCE
DOUBT

COMPASSION
SCARED
ACCEPTANCE
PRIDE
STIGMA



If you are struggling with your mental health, you may benefit from being with others who have similar experiences. Intentional Peer Support is about making and sustaining mutually supportive relationships. When people are mutual partners in a

relationship, there is equality; one person is not the “helper” to the other, both benefit and can support each other working toward what we want in life. It is a positive, hope-based approach, helping us to determine actions we can take to reach our goals.

CPSC is open to everyone 18 and older seeking support in pursuing mental health wellness with an emphasis on hope and recovery.

All services are free and no referral is required.

- Groups Mon-Fri in our Portsmouth center or online
- One-on-one support for computer, budgeting, or job skills
- Warmline telephone support, staffed by trained peers, available 5-10 PM seven days a week. Please call us at: 603-427-6966
- Step-Up Step-Down, our voluntary residential program, staffed 24/7 by peer specialists

Connections Peer Support Center

544 Islington St.

Portsmouth, NH 03801