

Upcoming Events

**Community
meeting September
10th @ 11 AM**

**Recovery Month
Educational
presentation with
Recovery Friendly
Workplace
September 24th @
11 AM**

**BBQ at Portsmouth
center
September 3rd**

**Blackbird's
Daughter trip with
OTRTW
September 17th**

**Board meeting
September 24th
5PM**

SEPTEMBER 2025 NEWSLETTER

Mental Health Support

By Peers, For Peers

reaching for connection. rooted in recovery.

connections
peer support center



September is here at Connections Peer Support! We are looking forward to the fall months! September is also National Recovery Month and Suicide Prevention Awareness Month.

Inside this month's newsletter you will find our monthly calendar, new groups, center updates, and more. We hope summer is good to you!

Follow our Tiktok, Instagram, and Facebook to keep up to date with our organization! @connectionspeersupport

In need of support after hours? Call our Warmline (603) 427-6966 from 5-10 PM daily!

Venmo us! @connectionspeersupportcenter

Executive Director's Note: Fred Poisson

It is hard to believe that we are moving into September and moving out of the Summer months; Summer always seems to go by so quickly. My hope is that everyone had a wonderful summer, was able to enjoy the weather and stay at a place where you felt well. As much as I dread saying goodbye to the summer I do look forward to the cooler temperatures, and yes, the shorter days.

I look forward to this as it is a sign to give your body and your mind a break, to slow down, to rest. I used to dread the shorter days and earlier darkness until I was fortunate enough to have a good friend explain to me how to embrace these changes. How to respect that our bodies and our minds actually need this period of slowing down. How we don't need to fear or dread it, but how we should instead embrace it. I have made this my practice the past few years and it has made for a much more pleasant Fall/Winter period for me.

September is National Suicide Prevention Awareness month. The focus of this month is to open up discussions around suicide prevention in an effort to normalize the conversation. Suicide prevention is a difficult topic for many of us to discuss, but it is also necessary as suicide is the 2nd leading cause of death in the United States for individuals aged 10-34 and the 10th leading cause of death overall in the United States. A very important element of these conversations to remember is that talking to someone about suicide, asking them about suicide and whether or not they are thinking about, is not going to introduce the idea of suicide to them. It is not going to make them consider it as an option, but it may very well get them to open up about what is actually going on. I encourage you to seek out events related to suicide prevention during the month of September; educate yourself around how to have these conversations and how to offer appropriate support to those in need. If you are looking for an incredible organization to support as they work to educate the community about suicide prevention, I can not recommend Connor's Climb enough. They are one of our community partners and they offer an incredible in-school training about Suicide Prevention for trusted adults.

September is also National Recovery Month. The focus for September is celebrating families and individuals who are maintaining their recoveries from substance use and mental health challenges. At Connections we will be focusing on the importance of prevention, self rescuing, self soothing skills and encouraging those who need to seek more support to do so. As always our milieu will be filled with stories of those in recovery and how they got there, how they are staying there and the hope that drives them everyday. My hope is that you join us, share your story, move towards your goals and support others to do the same. Recovery is a long term process that requires daily work and a supportive community in order to be sustainable. At Connections our goal is to create an environment that allows you to do this work and develop this community so that you can move towards your own sustainable recovery goals.

We have had a great Summer at Connections. Our daily visits have increased exponentially, we are seeing some old faces and some new faces which is always wonderful. We had some great activities this Summer and we have some even better events coming your way this fall that we are excited to share with you as the season opens up. Take care of yourselves as we switch seasons and remember to allow your body and your mind to slow down as we move into the cooler months.

Contact Fred at fred@connectionspeersupport.org

BENEFIT COMEDY SHOW

ALL PROCEEDS WILL BE DONATED TO CONNECTIONS PEER SUPPORT

Featuring local improv & comedy group Stranger Than Fiction

NEWMARKET MILLSPACE
FRIDAY, SEPTEMBER 26TH
7-9 PM

Drinks and light refreshments
will be available!



TICKETS \$25





JOIN RUN CLUB NH AND CONNECTIONS PEER SUPPORT FOR A MENTAL HEALTH AWARENESS RUN!

**September 8th 6:30PM Jenness beach
Wear green for mental health awareness!**

**Suggested donation
of \$10-15!**

@connectionspeersupportcenter



CONNECTIONS PEER SUPPORT FALL YARD SALE

SEPTEMBER 5TH 10AM - 4 PM

**544 ISLINGTON STREET PORTSMOUTH,
NH 03801**

All proceeds will be donated to Connections Peer Support!

Cash or Venmo will be accepted! @connectionspeersupportcenter



CONNECTIONS PEER SUPPORT CENTER

SEPTEMBER 2025 CALENDAR

Monday 1	Tuesday 2	Wednesday 3
Closed Labor Day	10:00 AM Check-in 11:00 AM Healthy Habits 1:00 Coloring Club 2:00 Mental Health Book Club 3:00 PM Check-in	10:00 AM Check-in <u>11:00 AM Janet Pardo</u> 12:00-2:00 BBQ at Connections 3:00 PM Check-in
10 AM Check-in 11:00 Suicide prevention 11:30-12:30 Lasagna Love 1:00 Intentions for the week 3:00 PM Check-In <i>6:30 PM Mental health run with @runclubnh</i>	10:00 AM Check-in 11:00 AM Healthy Habits 1:00 Coloring Club 2:00 Mental Health Book Club 3:00 PM Check-in	10:00 AM Check-in <u>11:00 AM Community Meeting</u> 1:00 Collaborative Craft 1:30 Lasers and Feelings 3:00 PM Check-in
10 AM Check-in 11:00 Suicide prevention 11:30-12:30 Meal Prep Group 1:00 Intentions for the week 3:00 PM Check-In	10:00 AM Check-in 11:00 AM Healthy Habits 1:00 Coloring Club 2:00 Mental Health Book Club 3:00 PM Check-in	Trip to Blackbird's Daughter with OTRTW
10 AM Check-in 11:00 Suicide prevention 11:30-12:30 Baking 1:00 Intentions for the week 3:00 PM Check-in	10:00 AM Check-in 11:00 AM Healthy Habits 1:00 Coloring Club 2:00 Mental Health Book Club 3:00 PM Check-in	10:00 AM Check-in <u>11:00 AM Presentation: Recovery Month</u> 1:00 Collaborative Craft 1:30 Lasers and Feelings 3:00 PM Check-in
10 AM Check-in 11:00 Suicide prevention 11:30-12:30 Meal Prep Group 1:00 Intentions for the week 3:00 PM Check-in	10:00 AM Check-in 11:00 AM Healthy Habits 1:00 Coloring Club 2:00 Mental Health Book Club 3:00 PM Check-in	Board Meeting September 24th



Thursday

Friday

4
 10 AM Morning meeting
 11:00 What is recovery?
 1:00PM Collaborative Craft
 3:00 PM Check-in

5
**Connections
 Yard Sale
 10 AM-4 PM**

11
 10:00 Morning Meeting
 11:00 What is recovery?
 1:00 PM Collaborative Craft
 3:00 PM Check-in

12
 10:00 Check-in
 11:00 Weekly Reflection
 1:00 Weekend Readiness
 3:00 Karaoke!

18
 10:00 Morning Check
 In
 11:00 What is recovery?
 1:00 Collaborative Craft
 3:00 PM Check-in

19
 10:00 Check-in
 11:00 Weekly Reflection
 1:00 Weekend Readiness
 3:00 Karaoke!

25
 10:00 Morning Check
 In
 11:00 What is recovery?
 1:00 PM Collaborative Craft
 3:00 PM Check-in

26
 10:00 Check-in
 11:00 Weekly Reflection
 1:00 Weekend Readiness
 3 PM Karaoke!
Comedy Show @7 PM

**SEPTEMBER
 BOOK CLUB
 BOOK**



Educational event
**Recovery Friendly
 Workplace
 presentation**

All groups are in person unless marked as ONLINE.
 All services free of charge.
 No referral needed.
 In case of bad weather, the center may close - check our Facebook page for announcements and the special snow day schedule.

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.

Managed by and for individuals who have or are at risk of having mental health issues, our mission is to support one another on our journey to wellness, and recovery.

Residential program staffed 24/7 by Peer Specialists.

COME MAKE VISION BOARDS WITH THE NH CRAFT CLUB & CONNECTIONS PEER SUPPORT!

**OCTOBER 25TH 11-2 PM
544 ISLINGTON STREET
PORTSMOUTH, NH 03801**

**ALL SUPPLIES WILL BE
PROVIDED AS WELL AS SOME
LIGHT REFRESHMENTS!**

**SUGGESTED
DONATION OF \$15-25**



venmo

@connectionspeersupportcenter



reaching for connection. rooted in recovery.

connections
peer support center





Collaborative Art!



Driveway drawings!



Weaving project!



**Cucumbers from
our garden!**



Pot painting!



**Cucumbers from
our garden!**



**Peppers starting to
pop up in our garden!**



Flowers in our garden!



**Collaborative
Art!**



September

SEPTEMBER IS RECOGNIZED AS NATIONAL RECOVERY MONTH AND NATIONAL SUICIDE PREVENTION MONTH. IF YOU ARE IN NEED OF SUPPORT, OUR WARMLINE IS AVAILABLE 365 DAYS A YEAR FROM 5-10 PM DAILY BY CALLING 603-427-6966.

IF YOU ARE IN NEED OF IMMEDIATE ASSISTANCE 988 IS AVAILABLE 24/7 BY CALLING OR TEXTING.

Community Events

SEACOAST EAT LOCAL

2025 SUMMER FARMERS' MARKETS

DURHAM FARMERS' MARKET

MONDAYS
2:30-6PM

JUNE 2ND - OCT. 6TH
66 MAIN ST

DOVER FARMERS' MARKET

WEDNESDAYS
3:30-6:30PM

JUNE 4TH - OCT 1ST
DOVER ICE ARENA BACK LOT,
110 PORTLAND AVE

EXETER FARMERS' MARKET

THURSDAYS
2:30-6PM

MAY 1ST - OCT. 30TH
SWASEY PARKWAY

PORTSMOUTH FARMERS' MARKET

SATURDAYS
8AM - 12PM

MAY 3RD - OCT. 25TH
1 JUNKINS AVE



The Friends of the
Newmarket Public
Library

BOOK SALE

SATURDAY,
SEPT. 13
10AM-2PM

CASH OR CHECK ONLY
HELD AT THE NEWMARKET
PUBLIC LIBRARY

1 Elm Street,
Newmarket NH

Community Resource Fair

Saturday, September 20
from 9 AM to 1 PM



Explore resources in Exeter
and meet local organizations

Exeter Public Library

Fall Craft Fair

Saturday, September 13
10 AM - 1 PM

Shop local crafters and artists wares.
Participate in the Friends of the Library
raffle to win special prizes.



Free and open to the public.

Exeter Public Library

4 Chestnut Street, Exeter, NH 03833 603-772-3101



Venmo us!

@connectionspeersupportcenter

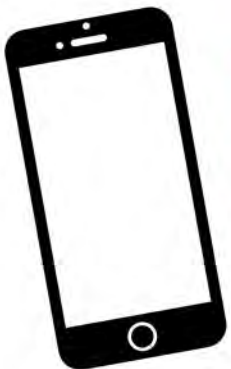


NEED SUPPORT AFTER HOURS?

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603-627-4266

WE ARE HERE FOR YOU!



www.connectionspeersupport.org

Upcoming Events

**Community
meeting
August 13th @11
AM**

**Sleep Hygiene
Educational
Presentation
August 13th at 1
PM**

**Bedrock
Gardens with
OTRTW August
11th**

**Board
meeting
August 27th
@ 5PM**

AUGUST 2025 NEWSLETTER

Mental Health Support

By Peers, For Peers

reaching for connection. rooted in recovery.

connections
peer support center



August is here at Connections Peer Support! We can't believe summer is almost over!

Inside this month's newsletter you will find our monthly calendar, new groups, center updates, and more. We hope summer is good to you!

Follow our Tiktok, Instagram, and Facebook to keep up to date with our organization! @connectionspeersupport

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@connectionspeersupportcenter

Executive Director's Note: Fred Poisson

August is upon us; it always seems that the Summer months go by so fast. I love August as it often means that the significant Summer heat has passed and we begin to get the first whispers of Fall, a season that I truly love. August is National Wellness Month, the aim of this awareness month is to encourage individuals to focus on their self care, stress reduction and developing healthy habits. Wellness here is inclusive of physical and mental wellness as well as emotional well being. It is a good time to ask yourself what does it mean for you to be well? This can be different for each of us. It is also a good time to reflect on what your healthy habits are, check in around them, if you have disengaged from them what would it look like for you to reengage? What does support around wellness look like for you? We are here to support you with your pursuits in this area, just let us know what the support you need looks like.

For me personal wellness is always a focus. I have several routines that help to keep me well, focused and moving towards the goals that I regularly set for myself. My physical health is extremely important to me and as such I am heavily focused on my diet, daily exercise and sleep hygiene. I love running for stress relief and have been an avid runner for 10 years. I have been focused this past year on building my core strength as it was a need in order for me to continue running. This focus has allowed me to have a better relationship with my body and has refocused my brain on the goals I have for my physical health. When I am in better physical health I have more mental clarity and stamina and am able to better focus on the work before me. Sleep hygiene plays a significant role in this as well. When I am more physically active my body is more able to rest when the time for sleep rolls around, when I have better sleep I experience better mental acuity and mood stability. Sleep is an area of significant struggle for many people, it is also something that I really love working with people to improve. If this is an area that is challenging for you please don't hesitate to let us know; we can work with you to support some healthy routines that will promote better sleep hygiene and contribute significantly to your overall sense of wellness.

Connections lost a significant friend to our community at the end of July with the passing of Dino Danakamala, a local artist, activist and humanitarian. Dino stopped into our Center quite often to work with members on art projects, to tell a story, to talk and to listen. He was a gentle soul and a kind man, his absence has already been felt significantly and I felt it was important for more of you to know his name and carry his memory. I believe in impermanence, in very simple terms this is very much the idea that much as nothing can never become something, something can never become nothing. We will see Dino now in the beautiful art that he created, in the memories of the stories that he told and the ideas that he passed our way and in the values that he carried with him and passed to others. Dino's spirit was large and his memory will live large here with our community.

Contact Fred at fred@connectionspeersupport.org

REMEMBERING DINO DANAKAMALA

ONE OF OUR REGULAR MEMBERS, DINO DANAKAMALA, RECENTLY PASSED AWAY. DINO WAS A BELOVED MEMBER OF THE PORTSMOUTH COMMUNITY, A VETERAN, AND A CO-FOUNDER OF THE PORTSMOUTH HALLOWEEN PARADE. WE MISS YOU, DINO!



PHOTOS:

The Button Factory and Caffè Kilim



SUMMER AT SUSD



FRIENDSHIP BRACELET MAKING!



ACTIVITIES AT OUR PORTSMOUTH

CENTER



COMMUNITY ART!



ROCK PAINTING!

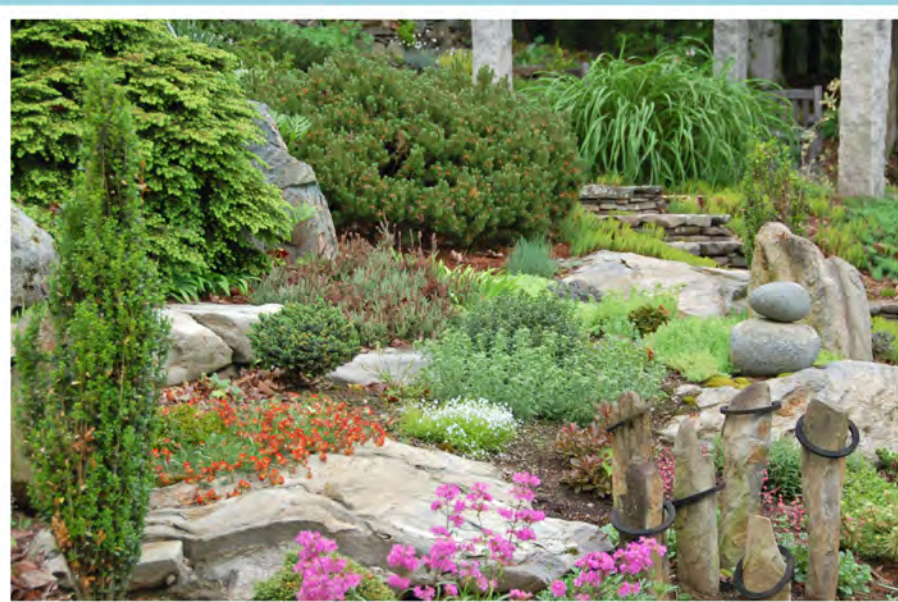
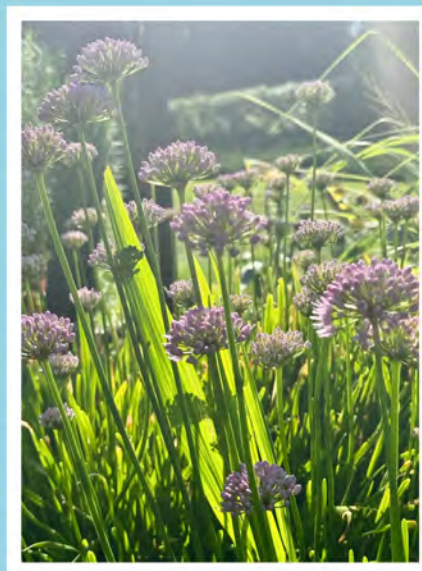


VOICES OF HOPE!



FLOWERS IN OUR GARDEN!





BEDROCK GARDENS TRIP **WITH ON THE ROAD TO WELLNESS AUGUST 11TH**



reaching for connection. rooted in recovery.

connections
peer support center



CONNECTIONS PEER SUPPORT CENTER

AUGUST 2025 CALENDAR

Monday 4	Tuesday 5	Wednesday 6
10 AM Check-in 11:00 Suicide prevention 11:30-12:30 Meal Prep Group 1:00 Intentions for the week 3:00 PM Check-In	10:00 AM Check-in 11:00 AM Healthy Habits 1:00 Coloring Club 2:00 Mental Health Book Club 3:00 PM Check-in	10:00 AM Check-in 11:00 AM Creative Writing 1:00 Stress reduction 1:30 Lasers and Feelings 3:00 PM Check-in
Bedrock Gardens Trip 11	10:00 AM Check-in 11:00 AM Healthy Habits 1:00 Coloring Club 2:00 Mental Health Book Club 3:00 PM Check-in 12	10:00 AM Check-in 11:00 AM Creative Writing 1:00 <u>Sleep Hygiene Talk</u> 1:30 Lasers and Feelings 3:00 PM Check-in 13
10 AM Check-in 11:00 Suicide prevention 11:30-12:30 Meal Prep Group 1:00 Intentions for the week 3:00 PM Check-In 18	10:00 AM Check-in 11:00 AM Healthy Habits 1:00 Coloring Club 2:00 Mental Health Book Club 3:00 PM Check-in 19	10:00 AM Check-in 11:00 AM Creative Writing 1:00 Stress reduction 1:30 Lasers and Feelings 3:00 PM Check-in 20
10 AM Check-in 11:00 Suicide prevention 11:30-12:30 Meal Prep Group 1:00 Intentions for the week 3:00 PM Check-in 25	10:00 AM Check-in 11:00 AM Healthy Habits 1:00 Coloring Club 2:00 Mental Health Book Club 3:00 PM Check-in 26	TRIP TO SUSD 27
Community Meeting August 13th	Board Meeting August 27th	Bedrock Gardens August 11th



Thursday

Friday

7

10 AM Morning meeting
11:00 Self Care
1:00PM Collaborative Craft
3:00 PM Check-in

10:00 Check-in
11:00 Weekly Reflection
1:00 Weekend Readiness
3:00 karaoke!

8

All groups are in person unless marked as ONLINE.

All services free of charge.

No referral needed.

In case of bad weather, the center may close - check our Facebook page for announcements and the special snow day schedule.

14

10:00 Morning Meeting
11:00 Self Care
1:00 PM Collaborative Craft
3:00 PM Check-in

15

10:00 Check-in
11:00 Weekly Reflection
1:00 Weekend Readiness
3:00 karaoke!

21

10:00 Morning Check In
11:00 Self Care
1:00 Collaborative Craft
3:00 PM Check-in

22

10:00 Check-in
11:00 Weekly Reflection
1:00 Weekend Readiness
3:00 Karaoke!

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.

28

10:00 Morning Check In
11:00 Self Care
1:00 PM Collaborative Craft
3:00 PM Check-in

29

10:00 Check-in
11:00 Weekly Reflection
1:00 Weekend Readiness
3 PM Karaoke!

Managed by and for individuals who have or are at risk of having mental health issues, our mission is to support one another on our journey to wellness, and recovery.

**AUGUST
 BOOK CLUB
 BOOK**



Educational event
Sleep Hygiene
Presentation
August 13th @ 1 PM

Residential program staffed 24/7 by Peer Specialists.



**CONNECTIONS WARMLINE IS A
CONFIDENTIAL, FREE PHONE SERVICE.
OUR WARMLINE OFFERS MENTAL
HEALTH SUPPORT.**

5-10 PM
daily

**THANK YOU NATALEE MILLER FOR PAINTING
US A BEAUTIFUL MURAL AT OUR PORTSMOUTH
CENTER!**



[@nataleeraemiller](https://www.instagram.com/nataleeraemiller)

Community Events

SEACOAST EAT LOCAL

2025 SUMMER FARMERS' MARKETS



DURHAM FARMERS' MARKET

MONDAYS
2:30-6PM

JUNE 2ND - OCT. 6TH
66 MAIN ST

DOVER FARMERS' MARKET

WEDNESDAYS
3:30-6:30PM

JUNE 4TH - OCT 1ST
DOVER ICE ARENA BACK LOT,
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EXETER FARMERS' MARKET

THURSDAYS
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MAY 1ST - OCT. 30TH
SWASEY PARKWAY

PORTSMOUTH FARMERS' MARKET

SATURDAYS
8AM - 12PM

MAY 3RD - OCT. 25TH
1 JUNKINS AVE

KITTERY COMMUNITY

market

Creating community with local ingredients

LIVE MUSIC | KID'S ACTIVITIES | 35+ VENDORS

JUNE 1 - NOV. 23 | SUNDAYS 10 AM-2 PM

SPONSORED BY:

SERVICE CREDIT UNION
★★★★★

FREE ENTRY
\$10 DONATION
SUGGESTED

FLAVOR • CULTURE • COMMUNITY

STRAWBERRY BANKE MUSEUM

PORTSMOUTH NEW HAMPSHIRE

CULTIVATE PRESENTS THE 5TH ANNUAL

NEW ENGLAND BIPOC FESTIVAL

SUNDAY AUGUST 17TH 2025 • 12PM TO 5PM

I'm Still Working, but Turning 65- Should I Join Medicare?

Tuesday, August 19 at 5:30 pm



Join us for an onboarding Medicare educational program with Christian Troy from Woodpecker Insurance! Learn about your options and get answers for questions like:

- Do I have to sign up for Medicare?
- I have great coverage at work, will it be worse with Medicare?
- What about my HSA?
- Are there penalties for not signing up?

Register at
newmarketlibrary.org

Library Flower Bar

Tuesday, August 12 at 5:30pm

JOIN THE WAITLIST

Big Swing Farm and Garden will be here to host our first flower bar! Enjoy a gorgeous selection of Newmarket grown blooms to make a unique bouquet!

Space is limited, register at newmarketlibrary.org



1 Elm Street,
Newmarket, NH



Venmo us!

@connectionspeersupportcenter

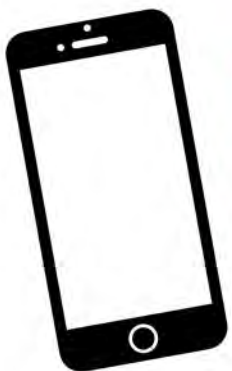


NEED SUPPORT AFTER HOURS?

Call our warmline from 5-10 PM daily!

603-627-4266

WE ARE HERE FOR YOU!



www.connectionspeersupport.org

Upcoming Events

Dr. Sara Vargas
presentation July
23rd at 11 AM

Board Meeting
July 23rd at 5 PM

Community
BBQ
July 30th
New Castle
Commons



Coppal House Farm
Sunflower Festival
July 26th-August 3rd

A portion of the
proceeds from their
annual sunflower
festival will benefit us!



JULY 2025 NEWSLETTER

Mental Health Support

By Peers, For Peers

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connections
peer support center



July is here at Connections Peer Support! We hope everyone has a great summer!

Inside this month's newsletter you will find our monthly calendar, new groups, center updates, and more. We hope summer is good to you!

Follow our Tiktok, Instagram, and Facebook to keep up to date with our organization! @connectionspeersupport

In need of support after hours? Call our Warmline (603) 427-6966 from 5-10 PM daily!



Venmo us!

@connectionspeersupportcenter



Executive Director's Note: Fred Poisson

As we move into July I want to reflect on the gratitude I feel for the support we have been shown by our community over the past couple of months. We held two fundraisers that were very important for us, our May 18th fundraiser at the Press Room featuring the Undercover Band and NH Gives. Fundraisers can be daunting, it is never easy to ask for financial support, no matter how many times you do it, and especially in these times of financial uncertainty, but our community showed up for us at both of these events and we were able to raise significant funds that will allow us to continue offering superior Peer led mental health support to the NH Seacoast area. My gratitude for this community support is endless and my commitment to the health and growth of this organization has never been stronger than it is now in a moment where the need for mental health support is skyrocketing.

These are not easy times, people are worried about their jobs, their housing and the resources they rely on. People are living everyday with fear in regards to what their life might look like the next day, what their safety might look like and what risk they might face walking out their door. This level of fear is particularly high right now within the LGBTQ+ community. The resources for this community are at risk everyday. 988 just removed their direct line for youth support for the LGBTQ+ community and the national support line for LGBTQ+ crisis support is also headed in the same direction. This is a heartbreaking development at a time when this community needs these resources more than ever. Representation saves lives. I can not say that any more simply. Representation saves lives and when we remove representation from the equation we are putting lives at risk.

At Connections we offer compassionate, affirming, peer led mental health support that is free of judgement to anyone who walks through our doors or calls our warmline. Mental health support should be focused on the humanity of the individual, regardless of race, religion, political persuasion, gender presentation, sexuality or anything of the sort. Mental health support should be affirming to anyone who seeks it and it should be compassionate. Mental health support must be free of judgement and it must be accessible to those who need it. This has been an incredibly heartbreaking situation to navigate at a time when the need is so high. We are here if you need us. Connections is proudly part of the Affirming Spaces Project and we are incredibly proud to call NH Outright a community partner. Please know if you are in need of support, be it over the phone or in person. We are here to meet this moment. We care about you. Your humanity matters. Your life matters. This world is a better place because you are in it; if you are having a hard time seeing that right now we want to support you to see it more clearly.

Contact Fred at fred@connectionspeersupport.org



**Thank you Cheyenne White
Photography for capturing
our Press Room fundraiser!**





Henna Tattoos for our members!



New green stairs!

COMMUNITY BBQ!

COMMUNITY GARDEN!

MEMBER & STAFF SPOTLIGHT



CONNECTIONS PEER SUPPORT CENTER

2025 CALENDAR

Monday	Tuesday	Wednesday
	1 10:00 AM Check-in 11:00 AM Food & Mood 1:00 Gardening 2:00 Mental Health Book Club 3:00 PM Check-in	2 10:00 AM Check-in 11:00 AM Resilience 1:00 Emotional Regulation 2:00 Hearing Voices (Hybrid) 3:00 PM Check-in
7 10 AM Check-in 11:00 Lasagna Love 12:30 Poetry 1:00 Reframing Thought Patterns 3:00 PM Check- In	8 10:00 AM Check-in 11:00 AM Food & Mood 1:00 Gardening 2:00 Mental Health Book Club 3:00 PM Check-in	9 10:00 AM Check-in 11:00 AM Resilience 1:00 Emotional Regulation 2:00 Hearing Voices (Hybrid) 3:00 PM Check-in
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Thursday		Friday	
3 10 AM Morning meeting 11:00 Collaborative Craft 1:00PM Gratitudes 3:00 PM Check-in		4 Center Closed 	
10 10:00 Morning Meeting 11:00 Collaborative Craft 1:00 PM Gratitude 3:00 PM Check-in		11 Center Closed Prescott Park Play 7:00 PM	
17 Trip to SUSD		18 10:00 Check-in 11:00 Weekly Reflection 12:30 Weekend Readiness 1 PM Karaoke! 1:30 Lasers & Feelings / Games 3:30 Afternoon Check-In	
24 10:00 Morning Check In 11:00 Collaborative Craft 1:00 PM Gratitude 3:00 PM Check-in		25 10:00 Check-in 11:00 Weekly Reflection 12:30 Weekend Readiness 1 PM Karaoke! 1:30 Lasers & Feelings / Games 3:30 Afternoon Check-In	
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Residential program staffed 24/7 by Peer Specialists.



MEET TJ!



TJ will be joining our Portsmouth staff as a part-time Peer Support Specialist!

TJ is a proud member of the LGBTQIA+ community and is excited to get started!



July Book Club Choice

PROMISE ME SUNSHINE BY CARA BASTONE

JOIN US EVERY TUESDAY AT 2 PM!



WE HAVE COPIES OF THE BOOK AVAILABLE!



Presentation with Dr. Sara Vargas

July 23rd at 11 AM

"AS A PRACTICING CHIROPRACTOR SINCE 2011, I ENJOY SHARING KNOWLEDGE AND POWERFUL TIPS FOR EXPERIENCING LIFE WITH MORE ENERGY, JOY, AND RIGHT ALIGNMENT, BOTH INSIDE AND OUT. I'LL BE GIVING A TALK ON WELLNESS, WHERE WE'LL EXPLORE THE INCREDIBLE GIFTS OF YOUR SPINE AND NERVOUS SYSTEM. I WILL ALSO SHARE HOW YOU CAN BENEFIT FROM CHIROPRACTIC CARE AND HIGH-PERFORMANCE COACHING IN CONJUNCTION WITH OTHER SUPPORTS YOU MIGHT CHOOSE FOR YOUR HEALTH AND WELL-BEING."



A portion of the proceeds from Coppal House Farm's sunflower festival will support our organization!

JULY 26TH - AUGUST 3RD



LEE, NH

For 2025, we're proud to support these local nonprofits:



Connections Peer
Support Center



Red's Good Vibes



Oyster River Womenade

We still hold our annual Make-A-Wish Raffle during the festival, proceeds from which will solely benefit Make-A-Wish NH. We know none of this would be possible without all of you that come to enjoy the sunflowers with us. Thank you for your generosity to our farm and the community. We look forward to seeing you all!

Community Events

SEACOAST EAT LOCAL

2025 SUMMER FARMERS' MARKETS

DURHAM FARMERS' MARKET

MONDAYS
2:30-6PM

JUNE 2ND - OCT. 6TH
66 MAIN ST

DOVER FARMERS' MARKET

WEDNESDAYS
3:30-6:30PM

JUNE 4TH - OCT 1ST
DOVER ICE ARENA BACK LOT,
110 PORTLAND AVE

EXETER FARMERS' MARKET

THURSDAYS
2:30-6PM

MAY 1ST - OCT. 30TH
SWASEY PARKWAY

PORTSMOUTH FARMERS' MARKET

SATURDAYS
8AM - 12PM

MAY 3RD - OCT. 25TH
1 JUNKINS AVE

FOOD TRUCKS

Thursdays



JUNE 5TH -
SEPT. 18TH
4pm - 8pm

PIZZA, BBQ & DESSERTS

STRATHAM HILL PARK

LIVE MUSIC EVERY WEEK

Summer Yoga

In the Library Garden*

Tuesday Evenings at 6:30 PM
June 17 - September 16



PORTSMOUTH
PUBLIC
LIBRARY

*In case of rain or extreme heat,
yoga we be will held in the
Levenson Room

KITTERY COMMUNITY

market

Creating community with local ingredients

LIVE MUSIC | KID'S ACTIVITIES | 35+ VENDORS

JUNE 1 - NOV. 23 | SUNDAYS 10 AM-2 PM

Monday, June 30th
10:30 AM



Wednesday, July 9th
4:00 PM

Owls

Portsmouth Public Library
175 Parrott Avenue

Venmo us!

@connectionspeersupportcenter



venmo



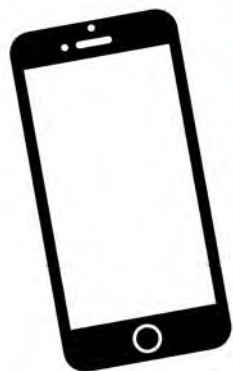
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NEED SUPPORT AFTER HOURS?

Call our warmline from 5-10 PM daily!

603-627-4266

WE ARE HERE FOR YOU!



www.connectionspeersupport.org