

Upcoming Events

**Community
meeting October
1st @ 1:00 PM**

**Board meeting
October 29th at 5
PM**

**October Monthly
educator: Anjali
Race, local yoga
instructor**

**Pumpkin patch
October 1st
11:00 AM**



OCTOBER 2025 NEWSLETTER

Mental Health Support

By Peers, For Peers

reaching for connection. rooted in recovery.

connections
peer support center



**October is here at Connections Peer
Support! Fall is finally here!**

**Inside this month's newsletter you will
find our monthly calendar, new groups,
center updates, and more. We hope fall
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

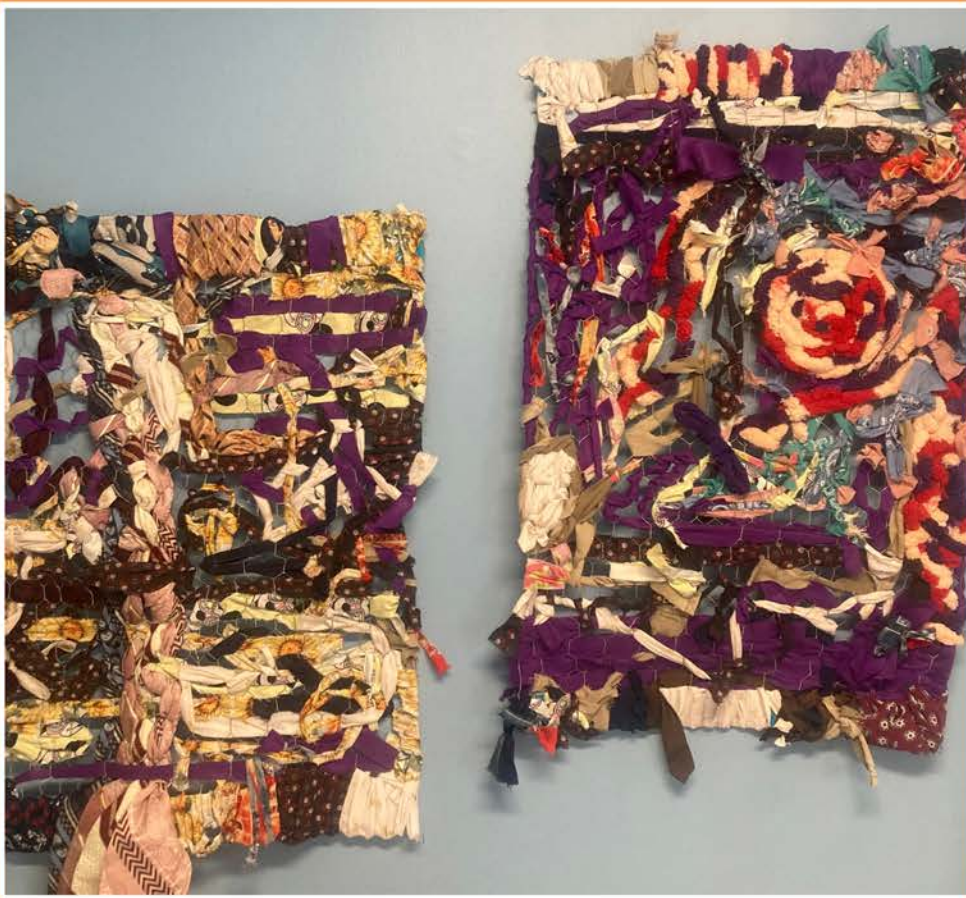
Executive Director's Note : Fred Poisson

It is hard to believe we are moving into October already, but here we are. I am grateful for the change in temperature and I thoroughly enjoy the Halloween season so I welcome all of this with a smile. Make sure to take a look at our calendar this month as our hours of operation are changing with the season. We will be staying open a little later and opening a little earlier on a couple of different days. October 1st is World Mental Health Day. The focus of this day is to reduce the stigma that comes with living with mental health challenges, promote early intervention and access to support and services, and to encourage awareness by opening up conversations in regards to mental health and suicide prevention. We work to embody the spirit of this day everyday in the services and support that we offer at our center, through our warmline and at our residential program. If you are struggling and in need of support, come see us. Come build community with us.

October 9-15 is OCD Awareness Week. OCD is a remarkably prevalent mental health challenge, but it is also one that is remarkably misunderstood. If you are someone living with OCD and you are looking for a place to come to and be seen and heard, come to Connections. We are here to support you. We want to listen to you, get to know you and then come to understand with you.

I wish everyone the best as we move into fall. While year round it is great to check in on our neighbors and friends, this time of year it is even more important. I encourage you to reach out to those members in your community who might need a little support. Lend an ear, ask how you can help, let them know you care. A little outreach goes a long way.

Contact Fred at fred@connectionspeersupport.org



Member Artwork
& Collaborative Art

Meal prep group!



Bees pollinating our garden!



**Field trip with
OTRTW!**



**Run Club for mental
health awareness!**



**Baking during
meal prep group!**



Member artwork!



Sunflowers!



**Field trip with
OTRTW!**



Field trip with OTRTW!



September happenings



CONNECTIONS PEER SUPPORT CENTER

OCTOBER 2025 CALENDAR

Monday	Tuesday	Wednesday
Board Meeting Oct. 29 @5PM	Community Meeting Oct. 1st @ 1 PM	1 10:00 Check-in 11:00 Trip to Pumpkin Patch 1:00 Community Meeting 2:00 Clean-Up/Reset 3:00 PM Check-in
6 10 AM Check-in 11:00 Suicide prevention 11:30-12:30 Meal Prep Group 1:00 Intentions for the week 2:00 Isolation/ Agoraphobia 3:00 PM Check-In	7 10:00 AM Check-in 11:00 AM Understanding Emotions 1:00 Embracing Fall 2:00 PTSD/OCD 3:00 PM Check-in	8 10:00 Check-in 11:00 Music Appreciation 1:00 Collaborative Craft 2:00 Clean-Up/Reset 3:00 PM Check-in
13 CLOSED FOR INDIGENOUS PEOPLES DAY	14 10:00 AM Check-in 11:00 AM Understanding Emotions 1:00 Embracing Fall 2:00 PTSD/OCD 3:00 PM Check-in	15 10:00 Check-in 11:00 Music Appreciation 1:00 Collaborative Craft 2:00 Clean-Up/Reset 3:00 PM Check-in
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Thursday

Friday

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.

2

3

12

19

24

16

23

30

10 AM Morning meeting
 11:00 What is recovery?
 1:00PM Collaborative Craft
 2:00 Coping with Chronic Illness
 3:00 PM Check-in

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10:00 Check-in
 11:00 Weekly Reflection
 1:00 Weekend Readiness
 Center closes at 1:30 PM!

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**Halloween
 Party!**

Center closes at 1:30 PM

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

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

SUGGESTED
DONATION OF \$15-25

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



Community First
nonprofit fair

Wednesday, October 8th, 2025, 5:00-6:30pm, Kittery Community Center Gymnasium



Organizations

Include:

- Town of Kittery
- Kittery Rotary/Rotary After Hours
- Kittery Museum
- Seacoast Wheelers
- Kittery Climate Action Now
- Friends of Fort McClary
- Webster of Rye
- Kids Free To Grow
- Parkinsons Support
- Piscataqua Youth Sailing Association
- York County Community Action
- Friends of the Rice Library
- Blue Ocean Society
- Girl Scouts of Maine-Gundalow Services Unit
- Kittery Adult Education
- Sexual Assault Response Services of Southern Maine
- Friends Forever International
- Goodwill/Americorps
- Alex Manfull Fund
- Wreathes Across America
- United Way of Southern Maine
- The Faith and Fun Ministry
- Center for Grieving Children
- Wood Island
- Cowasuck Band of the Pennacook Abenaki People
- Fair Tide/Footprints/Mainspring
- Kittery Land Trust
- Seeds of Wonder
- Connections Peer Support
- New England Fiddle Ensemble
- Kittery Schools Mentoring
- Arts in Reach
- Choose to Be Healthy Coalition
- CoastX
- Great Bay Services
- Seacoast African American Cultural Center

Interested in seeing what
incredible non-profits in this area
have to offer? Maybe you are
looking for ways to get involved,
support or rally behind their
missions? Join us for this non-
profit fair where over 30
organizations will be onsite. New
England Fiddle Ensemble will be
doing a short performance from
5:45-6:00. This free event is
open to the public.



October events



WE WILL ALSO BE AT THE UNH
WOMEN'S HOCKEY GAME ON
OCTOBER 18TH FOR THEIR
STICK IT TO STIGMA GAME!

New fall hours at our Portsmouth Center

M: 8:30-5:30

TU: 7:30-5:30

W: 7:30-5:30

TH: 8:30-6

F: 8:00-1:30



544 ISLINGTON STREET PORTSMOUTH, NH 03801

OCTOBER GROUPS



October Monthly educator

Anjali Race

Anjali Race is a Portsmouth, NH native who is a certified trauma-informed yoga instructor.

She specializes in grounding techniques and will be at our center throughout the month of October.

New Seasonal Group: Embracing Fall

Fall is often referred to as the “season of change.” This group will explore how to embrace the slow, cozy season of fall. Topics such as change, transition, isolation, and depression will be discussed. This group will be offered every Tuesday at 1:00 PM.

New Group: Coping with Chronic Illness

Living with a chronic illness can feel defeating, isolating, and never-ending. This group is a safe space to talk about the challenges that come with having a chronic illness and how to still feel a sense of hope.



FALL



is in the air at SUSP

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

FUN ACTIVITIES WITHIN THE SEACOAST!

NORTHWOODS
BREWING COMPANY

Fall Fest

4TH ANNUAL

OCT. 25 11-4



Along the Waterfront

walking tour

TOUR DATES:

May 21 & 28
June 18 & 25
July 16 & 23
August 20 & 27
September 17 & 24
October 15 & 22

TOUR TIMES:

2:30 - 4:30 pm

\$20 General Ticket
\$15 Member and Discount Ticket

photo by Erik Kilby

KITTERY COMMUNITY

HARVEST market

Creating community with local ingredients

LIVE MUSIC BY: **MUTUAL**

FEST

40+ Vendors
Iron Chef Cook-Off

10 SHAPLEIGH RD, KITTERY, ME

SEASONAL TREATS, FALL PRODUCE,
PREPARED FOODS, ARTISAN CRAFTS,
KIDS ACTIVITIES

SUNDAY | OCTOBER 12 | 10 - 2PM

FITNESS • ENRICHMENT • ARTS • ATHLETICS

FREE

PORTSMOUTH
RECREATION DEPARTMENT

FALL FAMILY FUN FEST

Fun & Games | Music | Magic Show
Trucks to Touch | Food
Costumes Encouraged!

Saturday October
25

Community Campus
11:00am-2:00pm
Field Behind Pickleball Courts
100 Campus Dr | Portsmouth

cityofportsmouth.com/recreation

Venmo us!

@connectionspeersupportcenter

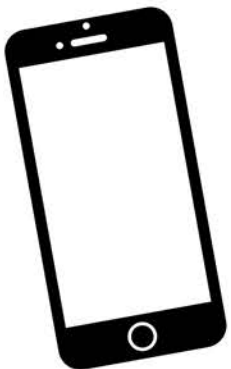


NEED SUPPORT AFTER HOURS?

Call our warmline from 5-10 PM daily!

603-427-6966

WE ARE HERE FOR YOU!



www.connectionspeersupport.org