Upcoming Events

Community Meeting September 2nd @ 11:00 AM

Board Meeting September 23rd at 5 PM

Educational Presentation 988 Information September 10th @ 11 AM

Reminder: We offer transportation across Rockingham County Monday-Thursday! Call (603) 427-6966 to schedule! (rides are scheduled 24 hours in advance)

SEPTEMBER 2026 NEWSLETTER

CONNECTIONS

PEER SUPPORT



September is here at Connections Peer Support! Happy fall!

Inside this month's newsletter you will find our monthly calendar, new groups, center updates, and more. We hope spring has been 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!

Executive Director's Note : Fred Poisson

It is hard to believe we are leaving the Summer months behind already, but here we are. It has been a pretty incredible season for us at Connections. We have continued to see our attendance numbers rise and the popularity of some of our niche groups grow, looking at you Dungeons and Dragons. We have also built some strong partnerships that will only support us to further deliver on our mission. My hope is that you have all had a wonderful season as well and that you are ready to move into the cooler months that come with Fall.

One of the most significant developments we experienced this Summer was the signing of a shared services agreement with North Country Peer Support. With this agreement Connections will become the bookkeeper for this agency as the first step in what we are hoping will become a true merger between the two agencies allowing us to work together to deliver superior mental health support and consistent quality of care across the state of New Hampshire. It is a significant opportunity for both agencies and I am incredibly grateful that this opportunity came our way.

Connections also received some significant support from the community this Summer. We were fortunate to be chosen by the Robinson Family Foundation to receive a $20,000 grant that will allow us to extend our Executive Functioning group that has become wildly popular as well as further our staff's training in recovery support and enhancing our Warmline to offer easier access for support. We were also fortunate to be chosen by the Fabulous Find in Kittery as one of the 3 nonprofits they made a donation to based on their proceeds from July. We were fortunate to receive a donation of over $13,000. These funds will be used to further enhance our programming so that we can continue to offer the superior care and support our members have become accustomed to.

As we move into the Fall we are only looking forward. We have a community music group beginning on August 24th at 6:30pm, that will happen once monthly through May on Thursdays'. This group is led by established musician and clinician David Kinsella. This group is open to all adults and is designed to create a sense of community through the sharing and creation of music. We have been fortunate to have some instruments donated for this event, and we encourage you to bring your own instrument if you have one. Our ability to host this group is a direct result of the grant we received from the Foundation for Seacoast Health. I am incredibly grateful to this organization for their support of not only Connections, but the Seacoast community at large.

September is both Suicide Prevention Month and National Recovery Month. Connections will be participating in and holding events recognizing both of these designations over the course of September. If you are in need of support or looking for someone to talk to, please don't hesitate to reach out or contact our Warmline. We are here to listen to you, to support you and to celebrate your recovery.

Freeform Music Expression

A new music group at Connections Peer Support!

September 17th at 6:30 PM

544 Islington Street Portsmouth, NH



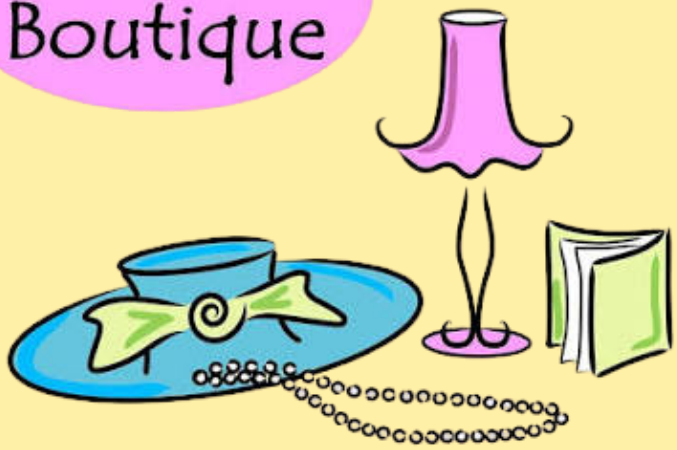
Led by an established musician and therapist, Dave Kinsella, this engaging and interactive group music experience invites participants to discover the power of music as a creative outlet for self-expression, relaxation, and connection.

Group will continue monthly into 2027, additional dates are on our social media!

Thank you to the Foundation for Seacoast Health for making this group possible!

The Fabulous Find

Resale Boutique



We would like to thank the Fabulous Find for their incredible donation of over $13,000 to our organization! Our largest donation from them to date!







We have entered a new partnership with North Country Peer Support! We will become the bookkeeper for this agency as the first step in what we are hoping will become a true merger between the two agencies. This partnership will allow us to work together to deliver superior mental health support and consistent quality of care across the state of New Hampshire!

REMINDER!

We offer transportation Monday-Thursday across Rockingham County!

Please call us at (603) 427-6966 to coordinate! (rides are scheduled 24 hours in advance)



CONNECTIONS PEER SUPPORT CENTER
SEPTEMBER 2026 CALENDAR

Monday	Tuesday	Wednesday
	**1** 10:00 AM Check-in 11:00 Healthy Habits 1:00 Expressive Arts 3:30 PM Check In 4-5:30 Peer/Practical Support	**2** 10:00 AM Check-in *11:00 COMMUNITY MEETING* 1:00-4:30 D&D Building Community 4:30 Peer/Practical Support
7 ***LABOR DAY CLOSED***	**8** 10:00 AM Check-in 11:00 Healthy Habits *1:00 Executive Functioning group* 2:30 Collaborative Art 3:30 PM Check In 4-5:30 Peer/Practical Support	**9** 10:00 AM Check-in 11:00 *WORK READY NH* 1:00-4:30 D&D Building Community 4:30 Peer/Practical Support
14 10:00 Intentions for the Week 11:00 SMART GOALS 1:00 Music Appreciation w/Larry 2:30 Expression in Coloring 3:30 PM check-in 4:00-5:30 Peer/Practical Support	**15** 10:00 AM Check-in 11:00 Healthy Habits *1:00 Executive Functioning group* 2:30 Collaborative Art 3:30 PM Check In 4-5:30 Peer/Practical Support	**16** 10:00 AM Check-in *11:00 Connor's Climb Presentation* 1:00-4:30 D&D Building Community 4:30 Peer/Practical Support
21 10:00 Intentions for the Week 11:00 SMART GOALS *1:00 CHONG ART* 2:30 Expression in coloring 3:30 PM check-in 4:00-5:30 Peer/Practical Support	**22** 10:00 AM Check-in 11:00 Healthy Habits *1:00 Executive Functioning group* 2:30 Collaborative Art 3:30 PM Check In 4-5:30 Peer/Practical Support	**23** 10:00 AM Check-in 11:00 Living through Art 1:00-4:30 D&D Building Community 5:00 BOARD MEETING
28 10:00 AM Intentions for the Week 11:00 SMART GOALS 1:00 Music Appreciation w/ Larry 2:00 Expressions in Coloring 3:30 PM check-in 4:00-5:30 Peer/Practical Support	**29** 10:00 AM Check-in 11:00 Healthy Habits *1:00 Executive Functioning group* 2:30 Collaborative Art 3:30 PM Check In 4-5:30 Peer/Practical Support	**30** 10:00 AM Check-in 11:00 Living through Art 1:00-4:30 D&D Building Community 4:30-5:30 Peer/Practical Support

544 Islington St, Portsmouth, NH 03801 (603)-427-6966
Warmline Telephone Support: 5-10 PM 7 days a week

For more information, please visit our website: connectionspeersupport.org

Thursday	Friday
3 10:00 AM Check-in *11:00 SUSD Venture (sign up at the center or by calling us!* 3:30 PM Check-in 4:30-5:30 Peer/Practical Support	**4** 10:00 AM Check in 11:00 Gratitude Journaling 12:30 BOOK CLUB Center closes at 2:00 on Friday's
10 10:00 AM Check-in *11:00 *988 Presentation** 1:00 Poetry in Motion 2:00 Physical Well-being 3:30 PM Check-in 4:30-5:30 Peer/Practical Support	**11** 10:00 AM Check in 11:00 Gratitude Journaling 12:30 BOOK CLUB Center closes at 2:00 on Friday's
17 10:00 AM Check-in 11:00 LGBTQ+ Support 1:00 Poetry in Motion 2:00 Physical Well-being 3:30 PM Check-in 4:30-5:30 Peer/Practical Support *6:30 Freeform Music Expression*	**18** 10:00 AM Check in 11:00 Gratitude Journaling 12:30 BOOK CLUB Center closes at 2:00 on Friday's
24 10:00 AM Check-in *11:00 NH OUTRIGHT PRESENTATION* 1:00 Poetry in Motion 2:00 Physical well-being 3:30 PM Check-in 4:30-5:30 Peer/Practical Support	**25** 10:00 AM Check in 11:00 Gratitude Journaling 12:30 BOOK CLUB Center closes at 2:00 on Friday's





CONNECTIONS
PEER SUPPORT

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.


gaming group!


Music group!


Tomatoes in our garden!


gaming group!


music group!


sunflowers in our garden!

Executive Functioning Group

FUNCTIONING FORWARD

Starting July 21st, every Tuesday at 1 PM

544 Islington Street Portsmouth, NH

Lisa Totten, EF/Academic/Adulting Coach & Founder of Functioning Forward will be facilitating a weekly support group at Connections Peer Support Center that will focus on developing Executive Functioning skills. This group is open to adults at no cost!



Seacoast Period Pantry

Seacoast Period Pantry

Providing FREE Period Products to Seacoast New Hampshire / Maine

Who We Are:

Inspired by Asheville Period Pantry, Our mission is to end Period Poverty by providing Free Period Products to Seacoast New Hampshire and Maine.

Our products are always 100% free to all.

We run solely off community donations and support.

Venmo: @seacoastperiodpantry



Supplies needed:

- Menstrual cups
- To-go paper bags
- Heating patches
- Period underwear
- Pads & Tampons
- Pregnancy Tests
- Wipes
- Midol
- Monistat
- Condoms
- O-Pill
- Plan B
- Reusable Pads

Drop Off Locations:

- Treeline Outfitters
  - 125 Brewery Ln. Ste 104, Portsmouth, NH 03801
  - Tues: 5-9 PM, W-F: 12 PM – 8 PM, Sat: 4-8 PM
- The Waysmeet Center
  - 15 Mill Rd. Durham, NH 03824
  - Drop off Any Time – Box on Front Porch
- Mr. Sippy's BBQ
  - 184 S Main St. Rochester, NH 03867
  - W-Sat: 12-8 PM, Sun: 12-6 PM
- Auspicious Brew
  - 1 Washington St. Ste 1103, Dover, NH 03820
  - Tues-Thurs: 4-9 PM, Fri: 4-11 PM, Sat: 12-11 PM, Sun: 12-6 PM
- Connections Peer Support
  - 544 Islington St, Portsmouth, NH 03801
  - M-Thurs: 8 AM-5:30 PM, Fri 8 AM-2 PM

Follow us on Instagram @SeacoastPeriodPantry

Our Amazon Wishlist

Our Portsmouth Center is now officially a drop off location for the Seacoast Period Pantry, a local mutual aid project that provides free period products! Donations to the pantry can be dropped off at our center during business hours. If you are in need of period products, anyone is welcome to pick some up at our center, located in the first floor bathroom! We currently have tampons and condoms available! (more to come!)

Seacoast Period Pantry



COMMUNITY EVENTS

AUSPICIOUS BREW · ONE WASHINGTON · DOVER N.H.

QUEERAOKE

WITH @ELK_QUEERAOKE
+ @LEZHANGSEACOAST



JUNE 12 + 26
JULY 10 + 24
AUG 14 + 28
SEPT 11 + 25
OCT 9 + 23

8–11 O'CLOCK

PORTSMOUTH PUBLIC LIBRARY

ASK THE EXPERTS

SUPPORTING PARENTS OF NEURODIVERGENT KIDS

SATURDAY SEPTEMBER 19
10:30 AM — 12:30 PM
LOBBY

Are you parenting a neurodivergent child and looking for resources, support, or a community that understands?

Our next Ask the Experts session features SPNK, an organization dedicated to providing parents of neurodivergent kids with education, resources, and community. Stop by to meet a SPNK representative, ask questions, learn more about available resources, and discover ways to better understand, advocate for, and support your child while also caring for your own well-being.

SPNK will also be sharing information about their upcoming Adventures in Neurodivergent Parenting, a new, free 5-part series for parents of neurodivergent kids coming to the Portsmouth Public Library this fall.

Registration not required.



SOS RECOVERY COMMUNITY ORGANIZATION

Saturday, September 12, 2026

RECOVERY RALLY

11AM - 3PM

Henry Law Park in Dover, NH

Join SOS for our annual Recovery Rally, a family friendly event celebrating National Recovery Month. The rally features live music, free food, community resources, interactive activities, and opportunities for local organizations, businesses, families, and individuals to connect and advocate for recovery.

www.sosrco.org
603-841-2350



gather
FOR A HUNGER-FREE COMMUNITY

new mobile market locations starting in september 2026

fresh food bus

starting september 3

lamprey health care
207 s. main st.
newmarket, nh
11:30am-12:30pm
every other week

mobile market

starting september 21

newmarket community church
137 main st.
newmarket, nh
12:00-2:00pm
every other week

gathernh.org/mobilemarket

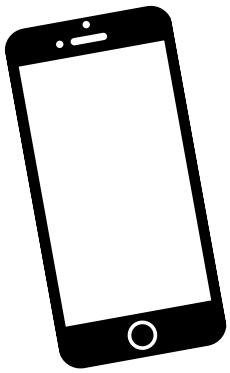
Venmo us!

@connectionspeersupportcenter

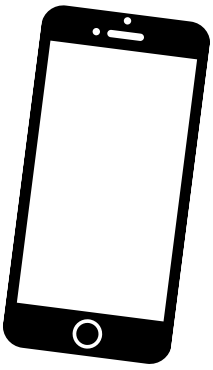
NEED SUPPORT AFTER HOURS?

Call our warmline from 5-10 PM daily!

603-427-6966



WE ARE HERE FOR YOU!



www.connectionspeersupport.org