Infinity Open House

Mon., Sept. 21, 4:00 pm—7:00 pm

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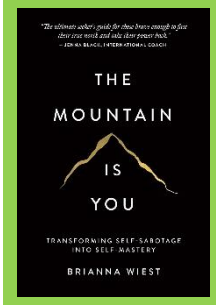
Autumn Fires

In the other gardens
And all up the vale,
From the autumn bonfires
See the smoke trail!
Pleasant summer over
And all the summer flowers,
The red fire blazes,
The grey smoke towers.
Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!

Robert Louis Stevenson

Books to Read



The Mountain Is You

Here is the central idea of this book, stated plainly: you are not sabotaging yourself because something is wrong with you. You are sabotaging yourself because two parts of you want different things, and the part you're not listening to is winning.

Your conscious mind has goals. Your unconscious mind has needs.

When those two are in conflict, the unconscious wins—every time.

The result looks like procrastination, self-defeat, chronic anxiety, relationships that keep failing, goals you keep almost reaching.

But those patterns are not evidence of brokenness. They are messages. This book teaches you to read them.

Continued on p. 2

peer-led, peer-driven behavioral health support

September 2026 Newsletter

Infinity Peer Support

Suicide Prevention Awareness Month

Suicide can be prevented.

Everyone has a role to play to save lives and create healthy and strong individuals, families, and communities.

Suicide prevention requires a comprehensive public health approach.

Strategies to Prevent Suicide

Strengthen economic supports

- Improve household financial security;
- Stabilize housing;

Create protective environments

- Reduce access to lethal means among people at risk of suicide;
- Create healthy organizational policies and culture;
- Reduce substance use through community-based policies and practices;

Improve access and delivery of healthcare

- Cover mental health conditions in health insurance policies;
- Increase healthcare provider availability in underserved areas;
- Provide rapid and remote access to help;
- Create safe healthcare through systems change;

Promote healthy connections

- Promote healthy peer norms;
- Engage community members in shared activities;

Teach coping and problem-solving skills

- Support social-emotional learning programs;
- Teach communication skills to improve relationships;
- Support resilience through education programs;

Identify and support people at risk

- Train gatekeepers;
- Respond to crises;
- Plan for safety and follow-up after a suicide attempt;
- Provide therapeutic approaches;

Lessen harms and prevent future risks

- Intervene after a suicide; and
- Report and message about suicide safely.

Work together to prevent suicide—knowing that hope, help, and healing are possible.

Source: Centers for Disease Control

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Warmlines

Connections Peer Support Center, Portsmouth, NH: Every Day: 5 pm to 10 pm, 603-427-6966 or 1-800-809-6262
H.E.A.R.T.S. Peer Support Center, Nashua, NH: Every Day: 5 pm to 10 pm, 1-800-306-4334
On the Road to Wellness, Manchester, NH: Every Day: 5 pm to 10 pm: 1-800-306-4334 and 1-800-809-6262
Stepping Stone, Claremont, NH: Fri.: 4 pm to 8 pm, Sat. to Thurs.: 4 pm to 9 pm, 603-543-1388 or 1888-582-0920
North Country Peer Support Center, Conway, NH: Every Day: 6 pm to 9 pm, 1-866-447-1765
One Peer to Another, Laconia, NH: Every Day: 5 pm to 10 pm, 1-800-306-4334
Monadnock Peer Support, Keene, NH: Every Day: 5 pm to 10 pm
NH Rapid Response: 1-833-710-6477
Suicide Prevention Lifeline: 1-800-273-8255

NH Mental Health Peer Alliance

Monthly Remote Meeting: Third Tuesday of each month at 10 am. Visit **nhmhpa.org** and scroll down to the bottom of the web page to sign up for meeting invitations.

NH Behavioral Health Planning & Advisory Council (BHPAC)

The BHPAC meets **quarterly** (January, April, July & October) on the second Tuesday of the month from 9:30 am to 12:00 pm. Meetings are held in **hybrid format**.

In-person meetings are held in the Fox Chapel, Main Building, 129 Pleasant Street, Concord, NH.

National Preparedness Month

Encourages individuals, families, and organizations to prepare for emergencies, build emergency kits, and create safety plans

The "Americans Stand Ready" theme emphasizes three key ideas:

- **Upholding patriotic duty:** Prepared individuals support first responders and strengthen community resilience.
- **Protecting family and friends:** Families can take proactive steps to ensure safety during emergencies.
- **Helping communities:** Community preparedness enhances overall national resilience.

Throughout September, the Federal Emergency Management Agency (FEMA) and partner organizations will share tips, resources, and steps to help Americans stand ready, including affordable and practical measures for disaster readiness.

Participation and Resources

During National Preparedness Month, individuals and organizations can access a variety of resources:

- **Educational materials:** Guides, checklists, and toolkits are available at ready.gov.
- **Workshops and training:** Local organizations (e.g., American Red Cross) offer free classes on first aid, emergency planning, and disaster response.
- **Retail promotions:** Some retailers provide discounts on emergency supplies (e.g., generators, water filters, first-aid kits).
- **Community engagement:** Volunteer and participate in preparedness events strengthens neighborhood resilience.

Importance

With the increasing frequency of natural disasters—the National Oceanic and Atmospheric Administration (NOAA) reported twenty-eight separate billion-dollar weather and climate disasters in 2023 totaling over $92.9 billion—preparing in advance is vital.

Key Preparedness Actions

Ready.gov outlines four steps for effective preparedness:

1. **Make a plan:** Develop an emergency plan, including communication strategies and evacuation routes.
2. **Build a kit:** Assemble a go-bag with essentials (e.g., food, water, medicine, first-aid supplies).
3. **Stay informed:** Monitor local hazards, weather alerts, and emergency notifications.
4. **Get involved:** Participate in community programs like Community Emergency Response Teams (CERTs) to learn basic disaster response skills.

Kit: Home, Work, Car	
Support network of people	Keep helpful contact list in a watertight container/on electronic devices
Inform support network	Let them know where you keep your emergency supplies. Consider giving them a key.
Contact local emergency manage-ment office	Let them know where you are and what your needs are

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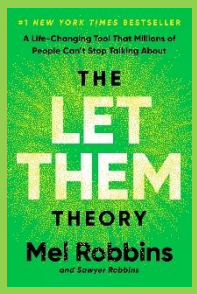
Books to Read (cont.)



The Let Them Theory

If you've ever felt stuck, overwhelmed, or frustrated with where you are, the problem isn't you.

The problem is the power you give to other people. Two simple words—*Let Them*—will set you free. Free from the opinions, drama, and judgments of others. Free from the exhausting cycle of trying to manage everything and everyone around you.

The Let Them Theory puts the power to create a life you love back in your hands—and this book will show you exactly how to do it.

Within a few pages, you'll realize how much energy and time you've been wasting trying to control the wrong things—at work, in relationships, and in pursuing your goals—and how this is keeping you from the happiness and success you deserve.

Lime Ice with Cucumber and Mint

(from rickbayless.com)

Ingredients

5 to 6 large limes (enough to make ¾ cup lime juice)

1 cup sugar

1/3 cup corn syrup

1 1/3 cups water

1 medium cucumber, peeled and seeded

Continued on p. 4

Kit: Home, Work, Car…continued

Transportation	Plan ahead for accessible transit before/during/after a disaster
Water	One gallon per person per day
Food and Manual Can Opener	Several-day supply of non-perishable food
Prescription Medications	Also include non-prescription medications (e.g., pain relievers, anti-diarrhea medication, antacids, laxatives)
Radio	NOAA Weather Radio with Tone Alert, battery-powered or hand-crank
Cell Phone	With chargers and back-up battery
Prescription Eyeglasses	Include contact lens solution
Flashlight	
First-Aid Kit	
Radio	NOAA Weather Radio with Tone Alert, battery-powered or hand-crank
Whistle	To signal for help
Dust Mask	To filter contaminated air
Plastic Sheeting, Scissors and Duct Tape	To shelter in place
Moist towelettes, garbage bags and plastic ties	For personal sanitation
Soap, hand sanitizer and disinfecting wipes	To disinfect surfaces
Wrench or Pliers	To turn off utilities
Local Maps	
Pet Food	Extra water for your pet
Cash/Traveler's Checks	
Important Documents	Insurance policies, identification, bank account records saved electronically/in waterproof, portable container
Sleeping Bag	Warm blanket for each person
Change of Clothing/Sturdy Shoes	Appropriate for climate
Fire Extinguisher	
Matches	In waterproof container
Feminine/Incontinence Supplies	
Personal Hygiene Items	
Mess Kits	
Paper and Pencil	
Books	

Lime Ice (continued)

Ingredients

2/3 cup mint leaves, loosely packed

Fresh mint sprigs, for garnish

1. Grate the lime zest (colored part only) off two of the limes and scrape ina large bowl.
2. Chop zest finely.
3. Juice the limes.
4. Measure lime juice and pour it in with zest.
5. Add the sugar, corn syrup, water, cucumber, and mint.
6. Blend until smooth.
7. Pour the mixture into an ice cream maker or ice-pop molds.
8. Let it firm up for three hours in the freezer. The ice is best eaten within twenty-four hours.

Apple Crisp for One

(from eatingwell.com)

1 cup diced peeled green apple (1/2-inch)

½ teaspoon lemon juice

1¼ teaspoons all-purpose flour

1 teaspoon packed light brown sugar

¼ teaspoon ground cinnamon

⅛ teaspoon kosher salt

⅛ teaspoon ground nutmeg

1 teaspoon unsalted butter, at room temperature

1 tablespoon old-fashioned oats

1. Preheat oven to 375°F. Coat an 8-ounce high-sided ramekin with cooking spray.
2. Toss apples with lemon juice in a small bowl. Transfer to the prepared ramekin.
3. Combine flour, brown sugar, cinnamon, salt, and nutmeg in a small bowl; stir with a fork until combined. Add butter; use the back of the fork to mix until clumps form. Stir in oats. Sprinkle the topping over the apples.
4. Bake until the apples are tender and the topping is golden, about 25 minutes.

NATIONAL RECOVERY MONTH

National Recovery Month

Guiding Principles

Recovery is the belief that challenges and conditions can be overcome. A member's recovery is built on his/her/their strengths, talents, coping skills, resources, and values. It is holistic.

Recovery addresses the members and their community—supported by peers, friends, and family members.

The process of recovery is personal. Members travel many different pathways on their recovery journey. The journey may include clinical treatment, medication, peer support, family support, self-care, spiritual care, and other approaches.

Recovery features continual growth in one's health and wellness and managing setbacks. Setbacks are a natural part of life. Resilience is a key component of recovery.

Four Major Dimensions of Recovery

Health—Overcome or manage disease(s) or symptoms. Reduce or abstain from use of alcohol, illicit drugs, and non-prescribed medication. Make more informed choices that support physical and emotional wellbeing.

Home—Have a safe and stable place to live.

Purpose—Conduct meaningful daily activities (e.g., job, school, volunteer, family caretaker, creative endeavors), and the independence, income, and resources to participate in society.

Community—Have relationships and social networks that provide support, friendship, love, and hope.

Source: Substance Abuse & Mental Health Services Administration.

National Night Out 2026 Raffle Winner, Jenyca Donnelly

Gingersnaps

(from *The Fanny Farmer Baking Book* by Marion Cunningham)

Yield: About 40 cookies

A thin, crisp, spicy, crinkly topped gingersnap, easily made by hand or in the food processor.

Ingredients

¾ cup vegetable shortening
1 cup sugar, plus (optionally) extra to roll the cookies in
1 egg
¼ cup molasses
2 cups flour
2 teaspoons baking soda
½ teaspoon salt
1 tablespoon powdered ginger
1 teaspoon cinnamon

1. Preheat the oven to 350°F. and line rimmed cookie sheet with parchment paper.
2. Beat together the shortening and 1 cup of the sugar. Add the egg and beat until light and fluffy, then add the molasses.
3. Stir and toss together the flour, baking soda, salt, ginger and cinnamon and add to the first mixture, beating until smooth and blended.
4. Gather up bits of the dough and roll them between the palms of your hands into 1-inch balls, then (optionally) roll each ball in sugar.
5. Place about 2 inches apart on the prepared cookie sheet and bake for 10 to 12 minutes, until the cookies have spread and the tops have cracked.
6. Let cool on sheet for 3 to 5 minutes, remove from sheet and cool on a rack.

DIY Fall Leaf Candle Jar Craft

What's Needed

- 2 Mason Jars
- Fabric/Fake Leaves
- Hot Glue Gun
- Twine
- Ribbon or String
- 2 Votive Candles

Directions

1. Using the hot glue gun, glue leaves all over the jars, leaving a little bit of the jar showing through in some places.
2. Wrap the twine around the top rim of the jars, glue down the ends to hold in place.
3. Tie ribbon or string around the twine if you would like.
4. Place a candle into each jar and light in the evening. **Beautiful and easy fall craft.**

Carole Otash, Director of Operations

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infinitypeersupport.org 603-948-1036 agency@infinitypeersupport.org

Infinity Peer Support September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Infinity Open House September 21st 4:00 pm to 7:00 pm 	**1** 10:00 Daily Check In 10:30 Coping with PTSD 12:00 Reiki with Amy 12:30 Suicide Prevention Awareness Trivia **7:00 NA Meeting**	**2** 10:00 Daily Check In 10:30 Men's Group 10:30 Women's Group 12:00 NAMI Walk Preparation 1:15 Living Within Your Means	**3** 10:00 Daily Check In 10:30 Coffee Social & Ice Breaker Questions 12:15 Recovery Pictionary 1:15 Art as Recovery **7:00 NA Meeting**	**4** 10:00 Daily Check In 10:30 Bingo 12:15 Flora and Fauna 1:15 Recovery Myths & Facts
7 **Closed for Labor Day**	**8** 10:00 Daily Check In 10:30 Rock Painting 12:00 Reiki with Amy 12:30 National Recovery Month Trivia **7:00 NA Meeting**	**9** 10:00 Daily Check In 10:30 Men's Group 10:30 Women's Group 12:30 Dance of Connection Activities/Games **2:00 Closed for Staff Meeting**	**10** 10:00 Daily Check In 10:30 Vision Boards 12:15 Recovery Trivia Cards 1:15 Poetry/Pictures **7:00 NA Meeting**	**11** 10:00 Daily Check In 10:30 Bingo 12:15 Flora and Fauna 1:15 9/11 Trivia
14 10:00 Daily Check In 10:30 All Recovery Support Group 12:30 Recovery Pictionary 1:15 Journaling	**15** 10:00 Daily Check In 10:30 Anger Management 12:00 Reiki with Amy 12:30 My Values Auction **7:00 NA Meeting**	**16** 10:00 Daily Check In 10:30 Men's Group 10:30 Women's Group **12:00 Community Meeting**	**17** 10:00 Daily Check In 10:30 Gratitude Jar 12:15 Social Media & Self Image 1:15 Art as Recovery **7:00 NA Meeting**	**18** 10:00 Daily Check In 10:30 Bingo 12:30 Birdhouse Painting 12:30 Birdhouse Painting
21 10:00 Daily Check In 10:30 All Recovery Support Group 12:30 Smartphone Photography Safari 1:00 Journaling **4:00-7:00 Open House**	**22** 10:00 Daily Check In 10:30 Calming Coloring 12:00 Reiki with Amy 12:30 Meaningful Playlist Sharing **7:00 NA Meeting**	**23** 10:00 Daily Check In 10:30 Men's Group 10:30 Women's Group 12:00 NAMI Walk Preparation 12:30 Living in Balance 1:15 Learning Healthy Habits	**24** 10:00 Daily Check In 10:30 Fall Handprint Tree Craft Activity 12:15 Team Building 1:15 Cooking with Sharon **7:00 NA Meeting**	**25** 10:00 Daily Check In 10:30 Bingo 12:15 Flora and Fauna 1:15 Inclusive Language Exercise
28 10:00 Daily Check In 10:30 All Recovery Support Group 12:30 Recovery Pictionary 1:15 Journaling **Calendar Subject to Change**	**29** 10:00 Daily Check In 10:30 Coping with PTSD 12:00 Reiki with Amy 12:30 Team Building **5:30 Board Meeting** **7:00 NA Meeting**	**30** 10:00 Daily Check In **10:30 Field Trip** **Great Island Common**	**Narcotics Anonymous Tuesdays and Thursdays 7 pm**	**Manna Food for the Hungry Wednesdays 3 pm to 5 pm Back Parking Lot Infinity Peer Support**

Group Types & Examples

Emotional Well-Being

- **All Recovery Support Group**
  Discussing different kinds of recovery—from mental health conditions, from substance use disorders—and how to move forward in your lives.
- **Journaling/Drawing**
  Learning that journaling doesn't require eloquent writing and shows how it can be used for practical emotional regulation and cognitive clarity.
- **Coping with Post-Traumatic Stress Disorder (PTSD)**
  A safe and confidential space for individuals to share and process their personal journeys with stress and complex trauma.
- **Men's Group**
  A vulnerability-safe zone where men can discuss unique challenges, societal pressures, and communication styles often associated with men's mental health.
- **Women's Group**
  A vulnerability-safe zone where women can openly discuss unique challenges, societal pressures, and communication styles often associated with women's mental health.
- **NAMI NH Walk Preparation**
  Preparing for the National Alliance on Mental Illness (NAMI NH) Walk.
- **Living in Balance**
  A member-led group discussing the important balance of different aspects of one's life for a well-rounded recovery.
- **Dance of Connection Activities/Games**
  Members learn ways to connect with each other through activities and games.

Physical Health

- **Nutrition, Culinary, Healthy Habits and Routines**
  Interactive discussions and activities on diet, exercise, and other positively important habits.
- **Nature, Flora and Fauna, and Mood**
  Outdoor activities, education, and discussions on the impact of nature on mental health.
- **Reiki**
  A Japanese technique that promotes relaxation and healing by channeling "universal life force energy" for both physical and emotional health.

Skill Building

- **Art as Recovery**
  An approach that uses artmaking as a non-verbal way to communicate, process emotions, and achieve therapeutic goals.
- **Poetry/Pictures**
  An approach that uses poetry/picture making as a verbal/non-verbal way to communicate a theme.
- **Smartphone Photography Safari**
  Wander the neighborhood and take photos that catch your interest and share them with members.
- **Crafts, Calming Coloring, and Birdhouse Painting**
  Therapeutic activities that decrease both anxiety and stress and promote relaxation.
- **Team Building**
  Members do activities that help them build comradery with each other.
- **Inclusive Language Exercise**
  Members learn language that brings people together rather than separates them.

Life Skills & Independence

- **Recovery Jeopardy/Trivia/Games**
  Test your recovery knowledge with Jeopardy-format answers and trivia questions.
- **Mental Health Recovery Games**
  Playing games that demonstrate your mental health recovery knowledge and progress.
- **Vision Boards**
  Members make goals and use magazine pictures/words to display them.