

Dream Catchers

An ancient Native American Tradition the dream net has been made for many generations where spirit dreams have played.

Hung above the cradle board, or in the lodge up high, the dream net catches bad dreams, while good dreams slip on by.

Bad dreams become entangled among the sinew thread.

Good dreams ship through the center hole, while you dream upon your bed.

This is an ancient legend, since dreams will never cease, hang this dream net above your bed, dream on be at Peace.

Just as the Dream Catcher is said to protect us from nightmares, it protects Navajo boys and girls by turning their dream of receiving a life-changing education into a reality.

Submitted by
Big Eagle Paul



peer-led, peer-driven organization

May 2024 Newsletter



Mental Health Awareness Month

May is Mental Health Awareness Month. Since its inception in 1949, Mental Health Awareness Month addressed the challenges faced by millions of Americans living with mental health conditions.

What are Serious Mental Illnesses?

With early and consistent treatment, people with serious mental illnesses can manage their conditions, overcome challenges, and lead meaningful, productive lives.

Mental illnesses are disorders that affect a person's thinking, mood, and/or behavior. They can range from mild to severe.

According to the National Institute on Mental Health, nearly one-in-five adults live with a mental health condition.

A mental health condition that interferes with a person's life and ability to function is called a serious mental illness (SMI). With the right treatment, people with SMI can live productive and enjoyable lives.

Common kinds of serious mental illnesses include:

- **[Bipolar disorder](#)** is a brain disorder that causes intense shifts in mood, energy and activity levels. People have manic episodes in which they feel extremely happy or euphoric and energized. Usually, people with bipolar disorder also have depressive episodes in which people feel deeply sad and have low energy.
- **[Major depressive disorder](#)** (MDD) is one of the most common mental disorders. Symptoms vary from person to person, but may include sadness, hopelessness, anxiety, pessimism, irritability, worthlessness, and fatigue. These symptoms interfere with a person's ability to work, sleep, eat and enjoy their life.
- **[Schizophrenia](#)** is a chronic and severe mental disorder that causes people to interpret reality differently. People may experience hallucinations, delusions, extremely disordered thinking and a reduced ability to function in their daily life.



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Feel It, Conceal It, Repeat It

Having you on my mind
wondering what comes next yeah
I feel so happy with you by my side
and that is not a lie

I tried to feel it
conceal it repeat it
it's not that easy
to forget it yeah

you're so special I can see it see it
my heart pounds every, every time
loving you with all my heart oh
love you with all my heart yeah

I tried to feel it
conceal it repeat it
it's not that easy
to forget it yeah

Nothing has to change
nothing will be down no
when your around yeah yeah
I'm telling you now

I tried to feel it
conceal it repeat it
it's not that easy
to forget it yeah

I tried to feel it
conceal it repeat it
it's not that easy
to forget it yeah

Nothing would change on how I feel
about you now

Written by
Erica Byrne



Cinco de Mayo

Cinco de Mayo, holiday celebrated in parts of Mexico and the United States in honor of a military victory in 1862 over the French forces of Napoleon III.

The true meaning of Cinco de Mayo

Contrary to popular assumption, Cinco de Mayo is not Mexican Independence Day. (more)[See all videos for this article](#)

When in 1861 Mexico declared a temporary moratorium on the repayment of foreign debts, English, Spanish, and French troops invaded the country. By April 1862 the English and Spanish had withdrawn, but the French, with the support of wealthy landowners, remained in an attempt to establish a monarchy under Maximilian of Austria and to curb U.S. power in North America. On May 5, 1862, a poorly equipped mestizo and Zapotec force under the command of General Ignacio Zaragoza defeated French troops at the Battle of Puebla, southeast of Mexico City; about 1,000 French troops were killed. Although the fighting continued and the French were not driven out for another five years, the victory at Puebla became a symbol of Mexican resistance to foreign domination. The city, which was later renamed Puebla de Zaragoza, is the site of a museum devoted to the battle, and the battlefield itself is maintained as a park.



Mother's Day

Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on in the months of March or May.

In the United States Mother's Day is a holiday celebrated annually on the second Sunday different days in many parts of the world, most commonly of May. Mother's Day in 2024 is on Sunday, the 12th of May in week 20.

Don't forget to give your mother a gift, send a card, take her out for dinner or buy her some nice flowers to show her how special she is.



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Work Path Staffing



**42 South Main Street
Rochester, NH 03867
603-696-3102**

**No appointment needed
Bring 2 forms of ID**

- *Daily Pay***
- *All Shifts***



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Despite common misperceptions, having an SMI is not a choice, a weakness, or a character flaw. It is not something that just “passes” or can be “snapped out of” with willpower. The specific causes are unknown, but various factors can increase someone’s risk for mental illness (e.g., family history, brain chemistry, and significant life events such as experiencing a trauma or death of a loved one).

Throughout the month, the National Alliance on Mental Illness NH (NAMI NH) actively participates in this national movement, dedicated to eradicating stigma, extending support, fostering public education and advocating for policies that prioritize the well-being of individuals and families affected by mental illness.

Our Peer Support Agencies (PSAs) (e.g., Infinity Peer Support) are located all over the State of NH. These peer-led, peer-driven agencies provide a non-medical approach to mental health wellness and recovery. We don't talk about diagnoses or medication. We talk about wellness and recovery.

Community Mental Health Centers (CMHCs), Community Health Centers (CHCs) and private mental health professionals treat people where they live. In Strafford County, Community Partners is the Community Mental Health Center; Greater Seacoast Community Health (a.k.a. Goodwin-Families First) is the Community Health Center and Great Bay Mental Health helps those who receive Primary Care Physician (PCP) services through Wentworth Health Partners, affiliated with Wentworth-Douglass Hospital. Others also provide private mental health services.

Source: Substance Use & Mental Health Services Administration (SAMHSA), samhsa.gov.

Contributed by Sharon Reynolds, Peer Facilitator/Van Driver



May 2024

Monday	Tuesday	Wednesday
<p>Transportation Available to Agency Call for Details 603-948-1036</p>	<p>Alcoholics Anonymous Wednesdays and Sundays 7 pm</p>	<p>1 Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 1:00 Wellness and Recovery 2:00 Clean Team 7:00 AA Meeting</p>
<p>6 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Virtual Tour 12:30 Hearing Voices Network 2:00 Clean Team</p>	<p>7 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Art of Positive thinking 12:00 Reiki with Renee 7:00 NA Meeting</p>	<p>8 Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 1:00 Boundaries 2:00 Clean Team 7:00 AA Meeting</p>
<p>13 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Sharing Healthy Recipes 12:30 Hearing Voices Network 2:00 Clean Team</p>	<p>14 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Art of Positive Thinking 12:00 Reiki with Renee 7:00 NA Meeting</p>	<p>15 Riddle of the day Newsletter Submissions 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 12:00 Community Meeting 7:00 AA Meeting</p>
<p>20 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Virtual Tour 12:30 Hearing Voices Network 2:00 Clean Team</p>	<p>21 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:00 NH Mental Health Peer Alliance 11:00 Trivia 12:30 Calming Coloring 7:00 NA Meeting</p>	<p>22 Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 12:00 Reiki with Renee 1:00 Living Within Your Means 7:00 AA Meeting</p>
<p>27</p> <p>CLOSED FOR MEMORIAL DAY</p>  <p><small>This Photo by Unknown Author is licensed under CC BY</small></p>	<p>28 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Art of Positive Thinking 12:00 Reiki with Renee 7:00 NA Meeting</p>	<p>29 Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 1:00 Wellness and Recovery 5:00 Board Meeting 7:00 AA Meeting</p>

Thursday	Friday	
<p>2 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Crocheting and Knitting Lessons 1:00 Vision Boards 7:00 NA Meeting</p>	<p>3 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Singing and Dancing</p>	<p>Hearing Voices Network Hearing Voices Groups are simply people with shared experiences coming together to support one another. Mondays at 12:15 pm</p> <p>The Letting Go Guided Journal Learn how to remove your inner blocks to happiness, about love and success. Wednesdays at 10:30 am</p> <p>The Art of Positive Thinking The benefits of positive thinking and how to slowly change a negative thought pattern so that you can be happier. Discover effective ways to alter a negative thought pattern so that you can have a more positive outlook on life. Tuesdays 10:30 am NH Mental Health Peer Alliance Meet peers from around the state and learn about resources and programs at other peer support agencies. Third Tuesday at 10:00 am</p> <p>It's Grief: The Dance of Self Discovery Examines the emotional and devastating impact of loss and trauma. The book illuminates how the brain holds the complex circuitry of grief and then provides choices to help deal with it. Wednesdays at 10:15 am</p> <p>Community Meeting/Educational Presentation Join us for the community meeting where we discuss what is going well and what we would like to see change. Third Wednesday at 12:00 pm</p> <p>Ted Talks Gather together to listen to dynamic speaker's present information on different topics of interest to members. Thursdays at 10:30 am</p> <p>Art as Recovery Come relax and paint with artistic freedom. Fridays at 10:30 am</p> <p>Board Meeting Join us for our Board meeting. All members welcome. If interested talk to Heather Walker-McConihe for zoom link. Last Wednesday of the month at 5:00 pm</p>
<p>9 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Painting Rocks 1:00 Healthy Meals on a Budget 7:00 NA Meeting</p>	<p>10 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Games and Puzzles</p>	
<p>16 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:00 Field Trip to the Beach 10:30 Ted Talks 11:30 Virtual Field Trip 7:00 NA Meeting</p>	<p>17 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Singing and Dancing</p>	
<p>23 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Making Dreamcatchers Part One 1:00 Dreamcatchers Part two 7:00 NA Meeting</p>	<p>24 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Games and Puzzles</p>	
<p>30 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Fabric Coasters 1:00 Smartphone Photography 7:00 NA Meeting</p>	<p>31 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Singing and Dancing 2:00 Closing for Staff Meeting</p>	

