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Serenity Steps



April 2011

April's Speaker:

Julia Freeman-Woolpert of the Disability Rights Center

Julia Freeman-Woolpert is from the Disabilities Rights Center (DRC). The DRC is the state's designated Protection and Advocacy agency and authorized by federal statute "to pursue legal, administrative and other appropriate remedies" on behalf of individuals with disabilities in New Hampshire. They provide information, advocacy, referral, advice, and legal representation and advocacy to individuals with disabilities.

She will come to Serenity Steps on April 8 at 2 o'clock. She will talk to us about the DRC and the work they do to ensure the rights of all people with disabilities are protected. She will explain the DRC's role in doing this, how we can access their services, and also answer any questions we may have.

Come Join Us for a Community Walk

Healthy bodies often lead to healthy minds.

Keeping that in mind, Kathy has volunteered to start a new group on Tuesdays at 1:30. With the warmer weather, we will be going for a Community Walk on Tuesdays. This group is weather permitted. Let's dust off those sneakers, it's time to get moving and shed those winter pounds.

New! Writer's Group:

Join us for Writer's Group, a chance to push those pens in a relaxed, non-judgmental environment.. It's a chance to try your hand at story writing, journaling and poetry. Alternate Wednesdays at 1PM

A Note on Changes...

As everyone is aware, there have been some changes at the center. I would like to explain the reasons behind some of them.

We have fewer paid peers working at Serenity Steps right now. This change was made because of the coming budget cuts. As I write this, I do not know what these cuts will look like exactly. For now, this will mean less paid staff, and less money for things like gas for the van. I am hopeful that this is temporary, and that when the economy at the state level improves, this will change. However, until then, we need to economize wherever we can.

Also, we have changed WRAP group's name to Peer Support and WRAP group. This was done to reflect the exploration of Peer Support topics and wellness topics we have been doing on Fridays.

I also want to thank everyone who participated in the letter writing campaign, or called a state legislator. If peer support is important to you, now is the time to let those people know this.

Elkn Taviso

Community Resources:

NH Services Help Line

2-1-1

Disabilities Rights Center

228-0432