



LITTLETON PEER SUPPORT CENTER

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April 2011

What's Happening

Spring is here!! Hopefully we won't have anymore snow for quite a while. Now its time to plan for the fun stuff....

Groups

I would like to talk a little about Intentional Peer Support (IPS) and why we practice it. IPS is a new way of forming, and maintaining relationships. Its a way to better understand ourselves and the people we have relationships with. We can talk about the tasks, values, and principles, and unless we practice them in our lives, they only become words. Most people have a basic understanding of Connection in a conversation, and most struggle with "worldview". So worldview is how we come to know what we know and hold it to be our truth, it is formed from our experiences in life. So my challenge for my peers this month is to think about your "worldview" and how its become your truth. Then listen for another peer who holds a different truth. See if you can accept that its alright for you to have a different truth or if you're tempted to "get" the other to see things your way. Let me know how it goes.

Events

This month, we will have our very own Executive Director, Pat Tal coming in to teach us all a bit of Hebrew. Please check with Staff for time and date. If the schools are closed, so are we. Please check WMUR for closing.

Members Corner

What Spring Means To Me....

Warmer Temperatures and the end of Cabin Fever.
-M.B

Renewal and rebirth...just like the flowers.
-E.H

Flowers, Sunshine, a chance to look ahead for summer and to get out to walk with my dog.
-S.H

Road Trips and Barbecues.
-B.A

COMMUNITY SERVICES

Ammonousuc Community
Health Services
444-6192
Franconia Church
Food Pantry
Church St., Franconia
Wed-Thurs 1-4PM

