



On the Road to Wellness

An Adult **Education** and Mental Wellness Center

Thoughts on Re-Opening

The common question we are getting these days is, “Are you going to be open May 4th?” That’s a good question, and the best answer we can give right now is ... “Not likely.”

We have our eyes and ears wide open to the directions set forth by our state officials, and we’re committed to adhere to the guidelines given by them and others. Physical distancing remains a high priority for all of us. We’re having significant conversations right now regarding not just “when” we will open our doors, but “how.” We are seeking advice on best practices on opening phases and how they relate to our facilities, membership, and overall programming.

Even when we begin our opening phases, we will continue to provide virtual peer-to-peer connections as are listed here in this abbreviated newsletter.

About that ... this newsletter is a mini-version of what we generally produce since the gathering of meaningful materials over the last month has been a little challenging. So, what we’re giving you this month is “what you really need to know.”

We highly recommend that you stay tuned to our [Facebook](#) postings, jump in on a [Zoom Group](#), and regularly check our [Website](#) for updates on when and how the process is unfolding for our re-opening the Centers. Stay tuned and Stay Safe!

MISSION STATEMENT

On the Road to Wellness is a Not-for-Profit Consumer-Driven Community of Peers Dedicated to Educate, Advocate, and Empower our Members to Manage and Maintain their Mental Health and Wellness

May 2020

Points of Interest

Consumer Council Meeting

Tuesday, May 19th
11:00am - 1:00pm

*Call our Centers for
Virtual Access Information*

Board of Directors Meeting

Thursday, May 21st
6:00pm
Via Zoom

*Members are Encouraged
To Attend (See pg 3 for access details)*

COMMUNITY MEETINGS

Combined Centers

Wednesday, May 11th
11:00am Via Zoom

(See page 3 for access details)

Mental Health Planning & Advisory Council

Second Tuesday Every
3-Months



**Next Meeting
July 14, 2020**

9:30 – 1:00
Stay Tuned for
When, Where, and How
To Attend



Manchester & Derry — May



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|---|---|
| <p>NOTE:</p> <p>All Groups are being facilitated virtually either through Zoom or Facebook (private).</p> <p>** Please see page 3 of this of Newsletter for details on how to connect to these groups, and our Website for the descriptions of these groups.</p> | | | | | <p>1 8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check-in - Zoom</p> <p>— 11:00 AM Stress Management - Facebook</p> <p>— 1:00 PM Laughing Group - Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>2</p> <p style="text-align: center;">CLOSED</p> |
| <p>3</p> <p style="text-align: center;">CLOSED</p> | <p>4</p> <p>8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check-in - Zoom</p> <p>— 11:00 AM IPS via Facebook</p> <p>— 1:00 P-M Reading for Inspiration - Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>5</p> <p>8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check - Zoom</p> <p>— 11:00 AM Strong Feelings - Facebook</p> <p>— 1:00 PM Music Appreciation - Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>6</p> <p>8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check-in - Zoom</p> <p>— 11:00 AM WRAP - Facebook</p> <p>— 1:00 PM Conversations of Hope Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>7</p> <p>8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check-in - Zoom</p> <p>— 11:00 AM Self-Care - Facebook</p> <p>— 1:00 PM Creative Arts - Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>8</p> <p>8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check-in - Zoom</p> <p>— 11:00 AM Stress Management - Facebook</p> <p>— 1:00 PM Laughing Group - Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>9</p> <p style="text-align: center;">CLOSED</p> |
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| <p>17</p> <p style="text-align: center;">CLOSED</p> | <p>18</p> <p>8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check-in - Zoom</p> <p>— 11:00 AM IPS via Facebook</p> <p>— 1:00 P-M Reading for Inspiration - Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>19</p> <p>8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check - Zoom</p> <p>— 11:00 AM Strong Feelings - Facebook</p> <p>— 1:00 PM Music Appreciation - Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>20</p> <p>8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check-in - Zoom</p> <p>— 11:00 AM WRAP - Facebook</p> <p>— 1:00 PM Conversations of Hope Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>21</p> <p>8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check-in - Zoom</p> <p>— 11:00 AM Self-Care - Facebook</p> <p>— 1:00 PM Creative Arts - Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>22</p> <p>8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check-in - Zoom</p> <p>— 11:00 AM Stress Management - Facebook</p> <p>— 1:00 PM Laughing Group - Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>23</p> <p style="text-align: center;">CLOSED</p> |
| <p>24/31</p> <p style="text-align: center;">CLOSED</p> | <p>25</p> <p style="text-align: center;">NO GROUPS</p>  | <p>26</p> <p>8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check - Zoom</p> <p>— 11:00 AM Strong Feelings - Facebook</p> <p>— 1:00 PM Music Appreciation - Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>27</p> <p>8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check-in - Zoom</p> <p>— 11:00 AM WRAP - Facebook</p> <p>— 1:00 PM Conversations of Hope Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>28</p> <p>8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check-in - Zoom</p> <p>— 11:00 AM Self-Care - Facebook</p> <p>— 1:00 PM Creative Arts - Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>29</p> <p>8:30AM Java with John - Zoom</p> <p>— 10:00AM Daily Check-in - Zoom</p> <p>— 11:00 AM Stress Management - Facebook</p> <p>— 1:00 PM Laughing Group - Zoom</p> <p>— 3:00PM Social Group - Zoom</p> | <p>30</p> <p style="text-align: center;">CLOSED</p> |

Stay Connected - We've Added Groups

Here are Several Ways You can Stay Connected!

Monday thru Friday, we are now providing five groups a day ...
Java with John at 8:30, Daily Check-in at 10:00, Facebook-Live at 11:00,
Zoom Group at 1:00, and wrapping up the day with a Social Group at 3:00.

Here are the details on how to connect:

-Zoom Groups

Check the Calendar for the Zoom Group you want to participate in.
You can jump in at any time using any of these methods (phone or video .. your choice)

Computer: Go to <https://zoom.us/join> with Meeting ID 603 623 4523

Zoom App on Your Device: Select **Join** and enter Meeting ID 603 623 4523

By **Telephone:** Call 1-646-558-8656 When asked, enter Meeting ID 603 623 4523#

-Facebook Group

This is a great way to stay in contact! Join our Private Facebook Group "OTRTW Peer Support" for live streamed groups each day with fun content and stay engaged with other members and staff!

Go to <https://www.facebook.com/groups/OTRTW>

When there, select **JOIN**, answer three questions, and submit. You'll be added to the group in a minute.

-Call the Center to Chat

We're still providing peer support over the phone!

Need someone to talk to? (Monday thru Friday, 8:30-4:30)

Just give us a call at 603-552-3177 (Derry) or 603-623-4523 (Manchester)

-Sign up for our Email Chain

One of the quickest ways to stay in touch and up to date!

If you'd like to get updates, share your thoughts, etc. just send us an email at

peersupport@otrtw.org with "**Sign Me Up**" in the subject line.

-Peer Support Packages:

If you plan on joining our "live" groups, call the Centers and ask for a **Peer Support Package!**

We've be put together materials for you and will deliver them to you (crafts included)!

-Pen Pals:

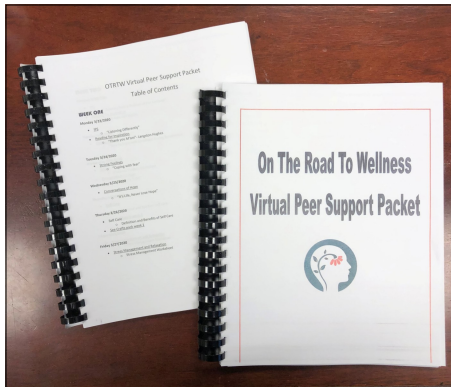
We've set up a pen-pal program if you'd like to be paired with another member to write letters to.

Want to get involved? Call the Center for more info ... and we'll deliver cards and stamps to you!

On the Road to Wellness
373 South Willow Street
PMB 316
Manchester, NH 03103-5751

Non-Profit Organization
U.S. Postage Paid
Manchester, NH
Permit No. 1217

Updated Peer Packets - Coming Soon!!!



Thanks to the continued diligent and creative work of our staff, a few weeks ago, over **50** members received Virtual Peer Support Packets delivered to their doorsteps. Each packet contained over 100 pages of materials to cover three weeks worth of group programming, along with craft materials, and some surprises as well. The response has been amazing!

As we move into an extended season of virtual connections, **NEW PACKETS** are **ONCE AGAIN** being developed!

Please Contact the Centers to Request Your Packet!

Call: Manchester (603-623-4523) or Derry (603-552-3177)

Email: peersupport@otrtw.org

Facebook Messenger via: <https://www.facebook.com/groups/OTRTW>

Please be sure to give us your name, address, and phone number!

This program is funded in part by a SAMHSA Block Grant and the NH Department of Health and Human Services