



On the Road to Wellness

An Adult Education and Mental Wellness Center

Mark Your Calendars

Annual Celebration

When: Thursday, April 19th

Time: 11:00am - 1:00pm

Place: To Be Announced .. (Next Month)

What to Expect

- Celebration Banquet
- Honoring Testimonies
- Festive Music
- Super Fun Time
- Enjoy Old Friends & New !!

This event is for **ALL** Members of On the Road to Wellness ... Derry and Manchester alike! It's time to celebrate our recoveries, whether personal or corporate. We all have a voice and we want to celebrate them together.

Transportation will be made available from both campuses to the location of the event.

Old things have passed away and the new has come! So, plan ahead. Mark your calendars today for Thursday, April 19th.

You Really Don't Want to Miss It!

February 2018

Points of Interest

Consumer Council Meeting

Tuesday, February 20th
10:00 - 1:00
Concord, NH

*Transportation Sign Up
At the Centers*

Board of Directors Meeting

Thursday
February 15th
6:00pm

Manchester Peer Center

Members Encouraged to Attend

COMMUNITY MEETINGS

Derry
Wednesday, February 21st
12:00pm

Following Community
Meal Prep at 10:30am

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

Welcome Our New Program Director



Please welcome **Shelby Hedlund**, our new full-time Program Director. Shelby has been with On the Road to Wellness since October of 2016 as a Peer Support Assistant. Shelby brings a lot of creativity and heart to the members, who ... everywhere and everyone we ask ... love her to pieces!

Shelby is Certified in Intentional Peer Support, has recently completed WRAP (Wellness Recovery Action Plan) Facilitator training, has training and experience with Peer Respite at HE.A.R.T.S of Nashua, and is hungry for more! She has a background in college education focusing on Communications, and is currently engaged in online studies to complete her Bachelors Degree in Criminal Justice and Human Services. Whoo Hoo!

We're excited to have Shelby on the leadership team of On the Road to Wellness. Her enthusiasm and genuine care for people are traits we look forward to experiencing at both of our campuses! Congrats Shelby! Welcome to the Team (in a bigger way)!!!



*“This is what I learned:
that everyone is talented,
original,
and has something important to say.”*

- Brenda Ueland

ON THE ROAD TO WELLNESS




Visit us on the Web: <http://www.otrtw.org>
Member 10-Minute Phone Line
Manchester (603) 623-0652 · Derry (603) 552-3178

Warm Line Services Available Nightly
5:00pm-10:00pm
(800) 306-4334



DERRY — FEBRUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	VALENTINE'S DAY OUTREACH WEDNESDAY FEBRUARY 14TH WE WILL BE GOING DOWNTOWN TO HAND OUT FLOWERS AND CARDS TO DERRY RESIDENTS WALKING BY PLEASE STOP BY THE CENTER OR CALL TO SIGN UP TO PARTICIAPTE			1 UNDERSTANDING & MANAGING YOUR EMOTIONS 10:30AM RECOVERY TOPICS 11:30PM TASKS & VALUES 1:30PM	2 STRESS MANAGEMENT & RELAXATION* 10:30AM W.R.A.P. 11:30PM MEN'S GROUP 1:30PM PANDORA'S VOICE 1:30PM	3 WEEKEND RELIEF
4 CLOSED	5 MEMBER DRIVEN GROUP 10:30AM INTENTIONALLY PRACTICING IPS 11:30AM BOOKWORM GROUP 1:30PM	6 A.N.T.S. (AUTOMATIC NEGATIVE THOUGHTS) 10:30AM CREATIVE ARTS 11:30AM MUSIC APPRECIATION 1:30PM	7 CONVERSATIONS OF HOPE 10:30AM CONNECTIONS* 11:30AM JOURNALING 1:30PM	8 CLOSED FOR STAFF DEVELOPMENT	9 CLOSED FOR STAFF DEVELOPMENT	10 WEEKEND RELIEF
11 CLOSED	12 MEMBER DRIVEN GROUP 10:30AM INTENTIONALLY PRACTICING IPS 11:30AM BOOKWORM GROUP 1:30PM	13 A.N.T.S. (AUTOMATIC NEGATIVE THOUGHTS) 10:30AM CREATIVE ARTS 11:30AM MUSIC APPRECIATION 1:30PM	14 VALENTINE'S DAY OUTREACH 10:30 TO 12:30 SIGN-UPS REQUIRED JOURNALING 1:30PM 	15 UNDERSTANDING & MANAGING YOUR EMOTIONS 10:30AM RECOVERY TOPICS 11:30PM TASKS & VALUES 1:30PM <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Board Meeting 6:00pm Manchester Peer Center </div>	16 STRESS MANAGEMENT & RELAXATION 10:30AM W.R.A.P. 11:30PM MEN'S GROUP 1:30PM PANDORA'S VOICE 1:30PM	17 WEEKEND RELIEF
18 CLOSED	19 CLOSED 	20 A.N.T.S. (AUTOMATIC NEGATIVE THOUGHTS) 10:30AM CREATIVE ARTS 11:30AM MUSIC APPRECIATION 1:30PM	21 COMMUNITY MEAL PREP 10:30AM COMMUNITY MEETING 12:00PM CELEBRATE FEB BD'S JOURNALING 1:30PM	22 LAUGHING GROUP 10:30AM RECOVERY TOPICS 11:30PM TASKS & VALUES 1:30PM	23 STRESS MANAGEMENT & RELAXATION 10:30AM W.R.A.P. 11:30PM MEN'S GROUP 1:30PM PANDORA'S VOICE 1:30PM	24 WEEKEND RELIEF
25 CLOSED	26 MEMBER DRIVEN GROUP 10:30AM INTENTIONALLY PRACTICING IPS 11:30AM BOOKWORM GROUP 1:30PM	27 A.N.T.S. (AUTOMATIC NEGATIVE THOUGHTS) 10:30AM CREATIVE ARTS 11:30AM MUSIC APPRECIATION 1:30PM	28 CONVERSATIONS OF HOPE 10:30AM CONNECTIONS* 11:30AM JOURNALING 1:30PM	CONSUMER COUNCIL Tuesday February 20th 10:00am – 1:00pm Sign up at the Center 		

On the Road to Wellness
PO Box 1721
Manchester, NH 03105-1721

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

Manchester Transport to Derry Continues

Peer Support Still Available for Manchester Members

While our Manchester site is currently closed (opening soon), you can still enjoy the benefits of the Peer Support community! We are providing free transportation services from Manchester to Derry for those desiring to make that connection.



We leave Manchester at 9:45am and return by 2:45pm. All we need to know is ...
Do you want to come? Do you need a ride? Here are ways you can ensure you “get on the bus” ...
(okay, it’s a van, but you get the idea).

- Call us the day/night before or early morning and let us know: (603) 623-4523 Ext-14
- Send us an email and let us know: manchester@otrtw.org
- Send a text message and let us know: (603) 860-5805