



On the Road to Wellness

An Adult **Education** and Mental Wellness Center

February Programming Highlights

Be sure to mark your calendars!

See our Calendars on pages 4 and 5 for more info



February Outreach:

Making Valentine's Day Cards!

Derry: Tuesday February 9th, 12:30pm

Manchester: Wednesday February 10th, 1:30pm

Newsletter Workgroup

Wednesday February 17th

Derry: 12:30pm

Manchester: 1:30pm

Field trips to Hood Park in Derry and Livingston Park in Manchester

Friday February 19th, 12:30pm-2:30pm

Sign-ups required, weather permitting

"Make Your Home Your Castle" Workshop

Presented by Marty Fuller via Zoom

Thursday February 25th, 11:00am

Feature Friday

February 26th, 12:30-2:30 at both Centers

February 2021

Points of Interest

NH Mental Health
Peer Alliance

Tuesday, February 16th
11:00am - 1:00pm

*Contact our Centers for
Access Information*

Board of Directors Meeting

Thursday, February 18th
Via Zoom

6:00pm

*Members Encouraged to Attend
Ask for Access Credentials*

COMMUNITY MEETINGS

Manchester

Wednesday, February 17th
12:30pm

Derry

Wednesday, February 17th
11:00am

Mental Health Planning & Advisory Council

Second Tuesday Every
3-Months

Next Meeting
April 13, 2021

Watch for
Upcoming Access or
Attendance Details



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

The Invisible Gorilla



David J Blacksmith
Executive Director

Christopher Chabris and Daniel Simons conducted an experiment at Harvard University more than a decade ago that became infamous in psychology circles. Their book, “The Invisible Gorilla” popularized it. Their “[Selective Attention Test](#)” is one of YouTube’s most-watched videos.

The two researchers filmed students passing basketballs while moving in a circular fashion. In the middle of the short film, a person dressed in a gorilla suit walks into the frame, beats their chest, and walks out of the frame. The sequence takes nine seconds in the [minute-long video](#). Viewers are given specific instructions: “Count the number of passes by players wearing white shirts.” Of course, the researchers were not interested in their pass-counting ability. They wanted to see if the viewers would notice something they were not looking for, something as obvious as a gorilla. Amazingly, half of the test group did not notice the gorilla!

How is that even possible? How do you miss a gorilla in the room? The short answer is ... inattentive blindness.

Inattentive blindness is the failure to notice something in your field of vision because you are focused on something else, in this case, people in white shirts passing basketballs.

This struck me as very apropos for these times. We get so focused on some things that we often fail to see the beauty of life happening right in front of our eyes. Sometimes we can’t see past our own assumptions. Sometimes we’re intentional and turn-a-blind-eye to what we don’t want to see, while other times we’re unintentional and those things or people that are constant in our lives begin to fade in our awareness of them.

I’d like to submit to you today that maybe you can loosen your focus on some things and purposefully take delight in the beautiful interruptions along the way ... refocus your attention on the people in your life that you may take for granted ... and slow down on “counting how many passes are being made” and take notice of the unexpected gorilla. Be on the lookout for the beautiful and the miraculous in the midst of the monotonous. I am.

A handwritten signature in blue ink, appearing to read "David J. Blacksmith".

ON THE ROAD TO WELLNESS

377 South Willow Street, B2-4 · Manchester, NH 03103
Phone: (603) 623-4523 · Fax (603) 623-2873
manchester@otrtw.org
Hours of Operation: Mon-Fri 8:30-4:30; Sat 8:30-12:30

45 South Main Street · Derry, NH 03038
Phone: (603) 552-3177 · Fax (603) 552-3179
derry@otrtw.org
Hours of Operation: Mon-Fri 8:30-4:30; Sat 8:30-12:30



This Month's Educational Event:

"MAKE YOUR HOME YOUR CASTLE"



Presented by: Marty Fuller
Thursday February 25th at 11:00 AM

"The messiness in your home, without you realizing it, increases your level of stress. You're late for appointments. You become confused and on edge. You worry about having friends or family over. De-cluttering seems so overwhelming. This seminar will break it all down into manageable, even enjoyable steps. Learn how to organize, declutter, maintain and create a relaxing atmosphere.
Make your home your sanctuary!"

Via Zoom: Meeting ID: 429 970 7500 • Passcode: 450045

<https://us02web.zoom.us/j/84032117270?pwd=aXlXUnlMZzc0djlR4RHlJSEV6Nk5adz09>



Join us in our February outreach!
We will be making Valentine's Day cards to send to our Community Partners!
We will make cards at Manchester on Feb. 10th at 1:30, and Derry on Feb. 9th at 12:30.
We hope you join us!



ON THE ROAD TO WELLNESS

Visit us on the Web: <http://www.otrtw.org>
Member Phone Line
Manchester (603) 854-5737 · Derry (603) 552-3809

Warm Line Services Available Nightly
5:00pm - 10:00pm
Manchester (800) 306-4334 · Derry (800) 809-6262



Manchester — February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	<p>1</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Positive Thinking 12:30PM</p> <p>—</p> <p>Addiction Cessation/ Smoking Cessation 1:30PM</p>	<p>2</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>3</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>COVID Relief 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>4</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>5</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>6</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
CLOSED	<p>8</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Positive Thinking 12:30PM</p> <p>—</p> <p>Journaling 1:30PM</p>	<p>9</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>10</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>COVID Relief 12:30PM</p> <p>—</p> <p>Valentine's Day Outreach 1:30PM</p>	<p>11</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>12</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 12:30PM</p> <p>—</p> <p>Member Driven Group 1:30PM</p>	<p>13</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
CLOSED	CLOSED	<p>16</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>17</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>COMMUNITY MEETING 12:30PM</p> <p>—</p> <p>Newsletter Workgroup 1:30PM</p>	<p>18</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p> <p>—</p> <p>Board Meeting 6:00PM - Zoom</p>	<p>19</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills 11:00AM</p> <p>—</p> <p>Field Trip to Livingston Park Weather Permitting Space in the van is limited, Sign-ups required. 12:30PM-2:30PM</p>	<p>20</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
CLOSED	<p>22</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>IPS Group 11:00AM</p> <p>—</p> <p>Positive Thinking 12:30PM</p> <p>—</p> <p>Journaling 1:30PM</p>	<p>23</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Mindfulness and Meditation 11:00AM</p> <p>—</p> <p>Make Your Voice Heard 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>24</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Topics in WRAP 11:00AM</p> <p>—</p> <p>COVID Relief 12:30PM</p> <p>—</p> <p>Creative Arts 1:30PM</p>	<p>25</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>"Make Your Home Your Castle" Presented by Marty Fuller 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>TED Talks 1:30PM</p>	<p>26</p> <p>Daily Check-in/ Moving Towards 10:00AM</p> <p>—</p> <p>Life Skills/ New Member Orientation</p> <p>—</p> <p>Feature Friday 12:30</p>	<p>27</p> <p>Weekend Relief Open 8:30AM-12:30PM</p>
CLOSED		<p></p> <p>BOARD MEETING</p> <p>Thursday, February 18th 6:00pm Via Zoom</p> <p><i>Members Encouraged to Attend!</i> Contact the Office for Access Credentials</p>	<p>*Back by popular demand!*</p> <p>February's Life Skills group will cover computer skills.</p> <p>Topics will include: Setting up and using a Google account, basic Microsoft Word skills, setting up and using an Indeed account, basic social media skills, and others.</p>		<p>Feature Fridays are Back! Join us on the last Friday of every month to watch a documentary together, and join in on the discussion afterwards!</p> <p></p>	



Derry - February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	<p>1</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>IPS Group 12:30PM</p> <p>—</p> <p>Life Skills/Smoking Cessation 1:30PM</p>	<p>2</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Strong Feelings 11:00AM</p> <p>—</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>—</p> <p>Creative Arts 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>3</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Conversations of Hope 11:00AM</p> <p>—</p> <p>TED Talks 12:30PM</p> <p>—</p> <p>Journaling 1:30PM</p>	<p>4</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>*Art Techniques 1:30PM</p>	<p>5</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>6</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
CLOSED	<p>8</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Laughing Group 11:00AM</p> <p>—</p> <p>IPS Group 12:30PM</p> <p>—</p> <p>Life Skills 1:30PM</p>	<p>9</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Understanding and Managing Your Emotions 11:00AM</p> <p>—</p> <p>Stretching and Moving 11:45AM-12:00PM</p> <p>—</p> <p>Valentine's Day Outreach 12:30PM</p> <p>—</p> <p>Music Appreciation 1:30PM</p>	<p>10</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Conversations of Hope 11:00AM</p> <p>—</p> <p>TED Talks 12:30PM</p> <p>—</p> <p>Journaling 1:30PM</p>	<p>11</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Walking Group/ Physical Wellness Group 11:00AM</p> <p>—</p> <p>Topics in WRAP 12:30PM</p> <p>—</p> <p>*Art Techniques 1:30PM</p>	<p>12</p> <p>Daily Check-in/ Moving Towards 10:30AM</p> <p>—</p> <p>Member Driven Group/ Social Group 11:00AM</p> <p>—</p> <p>Healthy Living 12:30PM</p> <p>—</p> <p>Stress Management and Relaxation 1:30PM</p>	<p>13</p> <p>Weekend Relief OPEN 8:30AM-12:30PM</p>
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CLOSED		<p>BOARD MEETING Thursday, February 18th 6:00pm Via Zoom</p> <p><i>Members Encouraged to Attend!</i> Contact the Office for Access Credentials</p>	<p>*New Group!</p> <p>Our Creative Arts group is so popular that another art group was requested!</p> <p>In this group each week we will learn a new art technique together. Could be painting, knitting, bracelet making, etc. If you have something you've been wanting to learn let us know!</p>	<p>This month's Life Skills groups will be on NH Resources.</p> <p>Join us as we research various NH resources available to us, and create a brochure for all of us to use!</p>	<p>Feature Fridays are Back! Join us on the last Friday of every month to watch a documentary together, and join in on the discussion afterwards!</p>	

Advocating For Our Youth

****If you are a parent, grandparent, aunt/uncle or loved one of a youth who is struggling, this is a resource for NH youth aged 12-20 that may be helpful.****

Live Free Recovery Consultants **Alternative Youth Peer Group**

“The APG focuses on peer support for both the young adult and their family members with emphasis on self-awareness, decision making skills, and day-to-day recovery maintenance skills that assist in obtaining and maintaining a healthy lifestyle.

Peer Groups vary by age/developmental stage and are offered to young people between the ages of 12-20 years of age, and are looking to build a same age sober social support system. “

This group is located in Newton, NH, and offers:

Peer based recovery groups

Peer based family groups

Immediate sober support system

Mentoring/academic support

Weekly sober social events

Daily “open door hours”

And more!

For more information, please visit their website at

[Teen Peer Group | Live Free Recovery](#)



Introducing our New Member's Corner!



**Write poetry?
Paint, draw, photograph?
Collect something fun?
Whatever you do, we want to see!**

**We are adding a "Member's Corner" to the Newsletter,
a space dedicated for you!**

**Submit something you're working on, share your
favorite inspirational quote or
write something just for us!**

**We will take submissions all month long,
and after each Community Meeting we will have a
"Newsletter Workgroup"
for you to work on your submission!
We can't wait to see what you have!**

“Love can build a bridge
Between your heart and mine
Love can build a bridge
Don't you think it's time?”

Love Can Build A Bridge—The Judds
Lyrics Submitted by Billy



Yarn Wall Hanging made in Creative Arts group

Submitted by: Mallory

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

**"BE MESSY AND
COMPLICATED
AND AFRAID AND
SHOW UP
ANYWAYS."**

- GLENNON DOYLE

@heypeers | heypeers.com



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