



## Wellness Festival 2023

Thank you everyone who helped to make our 2023 Wellness Festival a success! We offer this annual event as a gift to the community and an opportunity to engage in activities that promote mental, emotional, physical and spiritual health. So many people worked together to make this event possible. Our guest facilitators volunteered their time to offer free activities. Many of them are also on staff at Aloha Yoga, Everglow Wellness and Keene Fusion Studios. Body practitioners, Eben Dodd, Ellen Lambert, Megan Lawlor, Rebecca Marshall, and Audra Wilson gave free massages, Reiki, or biomat throughout the day. Community members came to plant flowers with Michele Chalice of Healthy Home Habitats, do dance movement activities with children, helped direct people and volunteered with set up and clean up. Vendors were also available selling various wellness products. Huge thanks to all!

We also appreciate the United Church of Christ in Keene, for their partnership in offering their space and support to make this event possible. You are a beacon of light and love to our community!

The raffle included works of art, handmade treasures, wellness supplies, gift certificates and more. Thanks to all of you who donated items!

We are happy to report that we were able to raise nearly \$9,000 through donations and financial sponsorship for our Hope and Healing Fund that helps individuals overcome financial barriers to quality mental health care.

We are incredibly grateful for our financial sponsors: Aloha Yoga Studio, Mascoma Bank, Savings Bank of Walpole, NH Trust Financial Advisors and other financial contributors including Court Street Veterinary Hospital, Davis Oil, Ferguson & Alexander, Keep 'Em Healthy Veterinary Clinic and Thurmond Health. Advertising for the event was supported by Carl Allen, Dan Aronson and Lisa Jacobs. Sponsor Tito's Taqueria sold delicious food from their food truck. and Monadnock Food Co-op generously donated healthy snacks and drinks to keep everyone hydrated and full of energy.

This event would not have been possible without our planning committee co-chairs Marylouise Alther and Becky Barrett. Thank you for your investment in Maps as members of our board and in all that you do to support our work! Thank you to everyone who participated in the Wellness Festival of 2023!



**Ender planting flowers with mom, Nicole**

## Fundraising for Maps

On Tuesday August 1st, at Orchard Hill Breadworks in Alstead, NH, Maps will be the recipient of the profits from their weekly Tuesday Pizza Night. If you have never been to one of these, you don't know what you are missing! Starting at 11 AM on Saturday, July 29, you can reserve your pizza (this is popular so they often run out!), then on Tuesday August 1st from 4:30-7:30pm bring your lawn chairs, blanket, pizza toppings (they supply the crust, sauce and cheese), drinks, etc. and make your own pizza which is cooked in their wood fired outdoor oven. There is always live music, great social interaction and dancing if you dare! Go to [orchardhillbreadworks.com](http://orchardhillbreadworks.com) to reserve your pizza!

Maps Counseling Services was one of the many local non-profit organizations who benefited from Wonder Casino profits as required by NH State Law (NH RA 287-D). This state law requires all NH casinos to donate 35% of their profit to local non-profit organizations. All proceeds Maps receives helps to support the many quality services it provides.



**Becky Barrett, Board Member &  
Dawn Reed, Business Manager (center)**

## Meet Our Clinicians

Meet **Susanne Riemer, LICSW**, a dedicated Senior Staff Clinician at Maps, where she has been an integral part of the team for 11 years. Throughout her tenure, Susanne's role has remained consistent, providing unwavering support to those in need. What sets Susanne apart is her genuine passion for working with individuals from all walks of life and listening to their stories, which is a humbling experience that she cherishes deeply. A heartwarming anecdote from her practice involves her loyal canine companion, Frankie. With an incredible sense of empathy, Frankie provides comfort by leaning against those in need or offering a gentle presence for children during their sessions, both in person and during telehealth appointments.

Through Maps, Susanne believes that the organization has become a safety net for many individuals grappling with their experiences and emotions. It's a space where individuals can explore profound questions about their purpose and spirituality, creating an environment that goes beyond traditional therapy.

Susanne Riemer, with her steadfast commitment and compassionate approach, continues to make a lasting impact within the Maps community, enriching the lives of countless individuals through her unwavering dedication to their well-being.



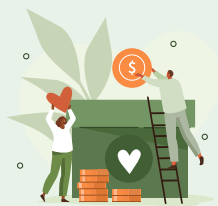
*Photo taken by Christopher David*



Maps Counseling Services  
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Keene, NH 03431

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Your tax-deductible contribution makes such a difference in the lives of those in need right here in our community!



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