



May Mental Health Awareness Month

First, some words from our Executive Director...

As spring unfolds, we are reminded of the deep wisdom in the seasons. This is a time for planting, for cultivating the things we want to grow—within ourselves, our relationships, and our communities. And yet, we do so amidst a world that often feels heavy with uncertainty, pain, and injustice. Holding both the promise of new growth and the weight of the world is not easy. But it is the work of being human. At Maps Counseling Services, our mission to provide compassionate, high-quality mental health care remains our steadfast guide. Our vision—to foster emotional well-being and resilience in individuals, families, and communities—helps us stay rooted even in the face of fear or doubt. These commitments ground us, just as roots ground a tree, allowing us to reach for hope and healing without losing our center. This spring, as we tend to what matters most, we also look ahead to May—Mental Health Awareness Month. Below is a calendar of events and simple ideas for supporting your mental well-being throughout the month. We hope you'll join us.



Go to mapsnh.org for more information.

Gina Pasquale, PsyD

May Mental Health Awareness Calendar

mon	tue	wed	thu	fri	sat	sun
			1 Kick off video explaining mental health awareness month and the calendar of events	2 Community Family Game Night 7-9pm at UCC Dining Room <i>*Sponsored by Saving Bank of Walpole</i>	3 Emotions and Aromatherapy 9-11am at Maps Counseling Keene location	4 Yoga with Becky 4:30-5:30pm at Aloha Yoga <i>*Sponsored by Aloha Yoga, LLC</i>
5 Mindful Minute Monday	6 Tuesday Mental Health Info	7 Journal and Drawing Prompt	8 Journal and Drawing Prompt	9 Friday Fun on Purpose	10 Hello from Monadnock Interfaith Project	11 Nature and Mental Health
12 Mindful Minute Monday	13 Tuesday Mental Health Info	14 Workshop: Enhancing your Relationships through the 5 Love Languages with Louise Howlett, LMFT 7:15-8:15pm at the Maps Keene office	15 Journal and Drawing Prompt	16 Friday Fun on Purpose	17 Workshop: Creative Play...it's fun and good for you! With Kelly Lynch 9-11am UCC Dining Room <i>*Sponsored by Weinak Dental</i>	18 Yoga with Becky 4:30-5:30pm at Aloha Yoga <i>*Sponsored by Aloha Yoga, LLC</i>
19 Mindful Minute Monday	20 YMCA Mental Health Fair	21 Workshop: Enhancing your Family Life through the 5 Love Languages with Louise Howlett, LMFT 7:15-8:15pm at the Maps Keene office	22 Journal and Drawing Prompt	23 The Path Forward: Mental Health with Maps Podcast Introduction	24 The Path Forward: Mental Health with Maps Podcast Episode 1	25 Nature and Mental Health
26 Mindful Minute Monday	27 Tuesday Mental Health Info	28 Trauma-Informed Care Panel Discussion (Maps Trauma-Informed Care Committee) 6-7:30pm in the UCC East Room	29 Journal and Drawing Prompt	30 Friday Fun on Purpose	31 Contemplative Photography 9am-12pm at the Maps Keene office <i>*Sponsored by Christopher David Studios</i>	

More information can be found at mapsnh.org.

Meet Our Clinicians

Meet **Barnes K. Peterson, LCMHC, Senior Staff Clinician**, who joined Maps Counseling Services in December as a Senior Staff Clinician, bringing with him over 40 years of experience in mental health care. Though new to Maps, Barnes has long admired us for our unique blend of clinical and spiritual care. A longtime Keene resident, Barnes spent two decades counseling at the Cheshire County Department of Corrections before entering a Buddhist monastery, where he lived as a monk for four years. He said, "It is rooted in the Thai forest tradition. *We had a lot of silence, in small dwellings in the forest. It's excellent for deepening one's meditation practice.*" This chapter deeply impacts his work today, as he helps clients navigate anxiety, depression, grief, and trauma through mindfulness-based approaches and a belief in the innate goodness of every person.

What does your personal grounding look like?

"What grounds me and what I really love to do in my professional practice is to bring in meditative and mindfulness skills."

Do you have any pets?

"We do! We have a rescue pug named Nugget. He's about three years old and brings a lot of humor and joy into our home."

What is your favorite book and/or movie?

"I would say probably one of my favorite movies is Gandhi. I really have deep respect for Mahatma Gandhi. My favorite book would have to be The Future of Religion by Ken Wilber. It's about the collective transformation of consciousness that would result in greater equality and harmony in the world."

What dish would you bring to a Maps Counseling potluck?

"Well, I've been to a Maps potluck, and I brought artichoke dip and crackers. And I'll have to admit that my wife, Catherine, she's known for her special recipe of an artichoke dip."

He's excited to be part of Maps and looks forward to launching a new Spiritually Integrated Mood Management Program this year.



Photo taken by Christopher David

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