



You Make the Difference

It's been just over a year since the harsh impact of the COVID-19 pandemic has reached our doors. Thanks to your generosity, Monadnock Family Services was able to remain open to continue providing essential care and services to youth, adults, and families in the Monadnock region. As the need for comprehensive mental health care increased in our community, so did support from donors like you.

Thank you.



May is Mental Health Awareness Month



May is Mental Health Awareness Month. The month aims to spread awareness about mental illness while also reducing the stigma that can often deter people from seeking help.

Visit our [website](#) or call us at (603) 357-4400 to learn more about our services, and follow us on [Facebook](#) to stay up to date on the resources we share throughout May.

Upcoming Events

Men Who Cook

Join us for our virtual Men Who Cook fundraiser, benefitting America Reads! With a minimum \$25 donation you'll receive a cookbook with over 70 recipes, entrance to our May 15th virtual event, and two complimentary raffle tickets.

[Learn More and Donate](#)



Adult Care Center Calendar Raffle

The Adult Care Center's summer raffle calendar is back! Every day during the month of June raffle cards will be drawn for amazing prizes from themed baskets to gift cards. [Click here to see the calendar of prizes that can't be missed!](#)

Cards can be purchased for \$25, by calling Chris Selmer and Annette Keis at (603) 532-2427.

Art Walk

MFS is once again participating at this year's Art Walk! Make sure to stop at our window display at 64 Main St in Keene from June 4th to June 13th, to see pieces from our talented staff and clients.



New Staff Member

MFS hires Associate Director of Development

Sophie Carney-Brenner recently joined the MFS team in a new Associate Director role. Sophie will be working on special projects as well as communications and overall fundraising. Previously, Sophie worked in development for a human services non-profit in north-central Massachusetts. Sophie obtained her BA in Art History and Studio Art from Simmons University and is currently pursuing her Master's degree in Public Administration from Clark University.

Sophie shared, "I am excited to be a part of the MFS family, and contribute to the integral work MFS does every day."



