

Community Meal Menus

Stepping Stone

12/5 Ravioli Salad

12/12 Shepard's Pie Salad

**12/19 Chicken w/potatoes & veggies
Salad**

**12/26 BBQ Pork Chops w/rice
Salad**

Next Step

**12/6 Veggie Pizza
Salad**

**12/13 Mac and Cheese w/hotdogs
Salad**

**12/20 Baked Chicken w/noodles
Salad**

**12/27 Pork chops w/mashed potatoes
Salad**

Recipe of the Month - Chocolate Fudge

1 bag of dark chocolate melts
1 can sweetened condensed milk

Take half the bag of chocolate and put in a microwavable safe bowl. Cook chocolate ten (10) seconds at a time until melted. Add the rest of the bag and continue to microwave ten (10) seconds at a time. Stir in the sweetened condensed milk until smooth. Line a 20x20 cake tin with baking paper and pour the mixture in. Put in refrigerator for few hours or until set.



On the 3rd Friday of every month
at Stepping Stone, we have a cake
to celebrate all the birthdays
in the month.

Please join us for cake and
celebration.

Giving Back

We believe it is important to give back to our communities. If you have an idea for community volunteering or donations, or if you volunteer and want to be recognized, please see Shanon or Mark. Here's what we're doing now:

Arbor View visit: In December, we will join Arbor View folks for their holiday party. It should be a blast! If you want to join us in December, please sign up at either site.

Claremont Fire Department: A Member volunteers to help outside.

Claremont Soup Kitchen: A member volunteers putting together food boxes.

Grafton County Senior Center: A Member in Lebanon volunteers at the front desk and waitresses when needed. She also puts together meals for Meals on Wheels.

Meals on Wheels: A Member in Lebanon volunteers to deliver meals.

Sullivan County Health Care: Two Members go there periodically and do a sing-along with nursing home residents.

Valley Regional Hospital: A Member Volunteers to answers phones and direct people to where they need to go.



During December, the Hannaford store at 220 Washington Street, Claremont, will sponsor Stepping Stone and Next Step in the Hannaford Helps Reusable Bag Program. For every reusable Good Karma bag you purchase, we will receive \$1. Please spread the word and visit Hannaford to purchase a bag or two. You will be helping us while you help the environment.

The Giving Room

Come browse items donated by Members which can be taken free of charge by other Members. Details are available at both Centers. Please contact Shanon or Amber before you drop off donations.

Peer Respite in New Hampshire

The Stepping Stone Drop-In Center Assn.
108 Pleasant Street
Claremont, NH 03743
Telephone: (603) 543-1388

The Alternative Life Center (ALC)
6 Main Street, PO Box 241
Conway, NH 03818-0214
Telephone: (603) 447-1765

HEARTS Peer Support Center of Greater Nashua
5 Pine Street Extension Suite 1-G
PO Box 1564
Nashua NH 03060
Telephone: (603) 864-8769

Monadnock Area Peer Support Agency
64 Beaver Street
Keene, NH 03431
Telephone: (603) 352-5093



Please join us for Pizza & Holiday Party on Friday, December 15, at Stepping Stone. We will provide Pizza. If you want to bring something to share, please write it on the sign-up sheet. We are looking for volunteers to help set up. Please sign up at either site.

The 2017 Peer Support Outcomes Survey is available for you to take between now and December 31st. Your participation is very important because it provides us with feedback about your satisfaction with Peer Support services.

The link is: <https://www.surveymonkey.com/r/YRZNQQG>

If you want to complete the survey on the computers at Stepping Stone and Next Step, there is an icon on the desktop which brings you to the survey. Please see instructions posted at both sites.

A paper version is available upon request. If you complete a paper survey, Shanon or Mark will enter your responses into the survey online. Once complete, your answers are confidential; however, Mark or Shanon will see your responses as they enter them online. Please see Floor staff if you want to complete a paper survey.

Board of Directors News

Beginning in January, 2018, the Board will meet on the 2nd Wednesday. We're looking for talented and thoughtful volunteer Board members. If you can contribute your time and ideas and are interested in exploring this opportunity, contact Shanon Pyatt at 603 543-1388, and she will put you in contact with the Board member in charge of Board Recruitment.



Claremont

169 Main Street
Claremont NH 08743
Tel. (603) 287-7919

Newport

65 Park Street Unit 2
Newport NH 03773
(603) 865-5374

Our Recovery Centers are safe places where recovery development occurs and where individuals will be matched with people offering recovery support services. Our centers are a place where you will be heard; a venue for healthy, drug and alcohol free socialization; and family supports for all stages of recovery. We respect all pathways to addiction recovery and will help individuals and their families with access to supports that work for them. <http://www.hopefornhrecovery.org/our-centers>.

Do You Or Someone You Know Struggle With Addiction or Substance Use?

Have questions about what to do next?

Your Recovery Is Our Priority!
Call the NH Statewide Addiction Crisis Line

1-844-711-HELP

hope@keystonehall.org

Confidential

Judgment-free

24 Hours a day

7 Days a week



Upcoming Events & Meeting

Community Meetings

Stepping Stone, Tuesday, 1-2 PM
Next Step, Wednesday, 1-2 PM

Newsletter Workgroup

Monday, 12/11, 9:30-11:30 AM
Stepping Stone
Sign up for transportation
from Next Step.

Arbor View Connection & Holiday Party

Monday, 12/11, 1 PM
Sign up for transportation
from either site.

Educational Event

Diabetes with Gretchen Stokes

Wednesday, 12/13, 1 PM
Next Step

Sign up for transportation
from Stepping Stone.

Pizza/Holiday Party

Friday, 12/15, 1-3PM
Sign up for transportation
from Next Step.

NH Mental Health Planning & Advisory Council

Meets quarterly in January, April,
July, and October.

Please see information posted
at both sites.

Stepping Stone and Next Step Peer Support and Respite Centers is a private, not-for-profit agency dedicated to promoting emotional wellness and recovery. We provide consumer-run services designed and driven by consumers to best meet their own needs. We are committed to the creation of a safe, supportive, and educational environment for people with mental health challenges. Members apply real life experiences to help themselves and their peers attain wellness while casting off the victim identity and replacing it with personhood. We are funded primarily by the NH Department of Health and Human Services, Bureau of Mental Health Services (BMHS). Our supports are free to NH residents.

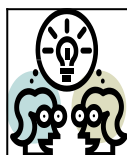
“Quitting does not enter my mind.”

-Jimmy Buffett

-born December 25, 1946

Check out our website:

www.steppingstonenextstep.org



Suggestion Boxes are at both sites for your ideas and suggestions regarding the centers. If you have an idea for Member fundraising, please put it in the box. Please place your constructive suggestions in the box. Your name is optional.

How to Reach Us

Stepping Stone

Phone: 543-1388

Fax: 543-0131

Center hours:

Sunday 11AM–3PM

Monday–Thursday 9AM–4PM

Friday Noon–7PM

Saturday 11AM–4PM

Peer Respite

Our program is free to NH residents who meet the guidelines of being at risk for using mental health services, are already using mental health services, or are referred by other services. Call 543-1388 for more information.

Next Step

Phone: 448-6941

Fax: 448-0702

Center hours:

Monday–Thursday 9AM–5PM

Friday 11AM–6PM

Saturday 11AM–4PM

Peer Support Warmline

Our Warmline is available 5–10PM, seven days a week. To access our Warmline, call 543-1388. If calling long distance within NH, call toll free at 1-888-582-0920.

WINTER TIME!



WE’VE GONE DIGITAL!!

In an effort to reduce costs, we need to reduce the number of Newsletters we send in the US mail. Please consider accessing your Newsletter via email or our website. Also, we are unable to send individual Newsletters to Vermont.

Contact Shanon at shanon.pyatt@steppingstonenextstep.org to indicate your preference.

Editor: Shanon L. Pyatt