

Next Step
109 Bank Street
Lebanon, NH 03766
603-448-6941

Members Spotlight *-a place for your thoughts on peer support to take center stage*

You

Community Meal Menus

Stepping Stone

**1/2 Chicken soup w/sandwiches
Salad**

**1/9 Mac & Cheese w/pork
Salad**

**1/16 Pork Loin roast w/rice
Salad**

**1/23 Spaghetti Pie w/garlic bread
Salad**

**1/30 Chef's Choice
Salad**

Next Step

**1/3 Chicken Drums w/veggies
Salad**

**1/10 Meatloaf w/mashed potatoes
Salad**

**1/17 Spaghetti w/meat sauce
Salad**

**1/24 Mac & Cheese w/hotdogs
Salad**

**1/31 Shepard's Pie
Salad**

Recipe of the Month - Roasted Butternut Squash

1 Butternut Squash-peeled, seeded and cut into 1 inch cubes
2 TBSP olive oil
2 cloves garlic, minced
Salt and pepper to taste

Preheat oven to 400°F. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.



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 had a great time with all the folks at their holiday party. It was so nice to connect and share some of ourselves during the holiday season. If you want to join us in January, 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.



Imperial Buffet

Claremont

Thursday, 1/25/18

12-2 PM

Sign up for transportation from either site.

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

Our New Year's Resolutions for 2018 are:

| | |
|---------------------------------------|---|
| Get off the coffee | Get my own place |
| Not to explode | Go to Next Step more |
| Go see my son & daughter | Move out of Claremont |
| Feeling good-Wellness | Visit South Carolina |
| Get a part-time job | Be more respectful and validate others more often |
| Come to Center more often | To be healthier |
| Be more accepting of other worldviews | To have growth with personal strengths |
| Remember to be kind to others | Visit family & friends in Spring |
| Care about myself | Be gainfully employed |
| Lose weight and keep it off | Keep my head above water |
| Move in with my best friend | Work on my recovery |
| Make amends with others | |
| Save money | |

Consumer Council call-in option...

Consumer Council wants to increase attendance by having conference calls with the Peer Support Centers throughout NH. If you would like to listen in or have things to share, here is some information:

- The number to call in for the Consumer Council meeting is 1-888-245-8770.
- You will be asked to key in your "Guest Room Number" which is 480682.

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.

Board of Directors News

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, 1/8, 9:30—11:30 AM
Stepping Stone
Sign up for transportation
from Next Step.

NH Mental Health Planning & Advisory Council

Tuesday, 1/9, 9:30 AM
BMHS, Concord
Please see information posted at
both sites.

Board of Directors Meeting

Wednesday, 1/10, 3:30-4:30 PM
Next Step
Sign up for transportation
from Stepping Stone.

Consumer Council Meeting

Tuesday, 1/16, 10 AM—1 PM,
BMHS, Concord.
Sign up for transportation at either
site. See page 3 for call-in option.

Arbor View Connection

Monday, 1/22, 1 PM
Sign up for transportation
from either site.

Educational Event

What is Respite? with Mark & Shanon
Tuesday, 1/23, 1 PM
Stepping Stone

Educational Event

What is Respite? with Mark & Shanon
Wednesday, 1/24, 1 PM
Next Step

Imperial Buffet

Thursday, 1/25, 12-2 PM
Sign up for transportation
from either site.

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.

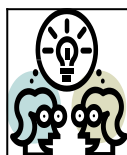
“Beauty is about being comfortable in your own skin, it’s about knowing and accepting who you are.”

-Ellen DeGeneres

-born January 26, 1958

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