



# Community Meal Menus

## Stepping Stone

**4/3 Ham dinner w/potatoes & veggies  
Salad**

**4/10 Beef Lo Mein  
Salad**

**4/17 Cheeseburgers w/fries  
Salad**

**4/24 Shepard's Pie  
Salad**

## Next Step

**4/4 Pig in a blanket w/chips  
Salad**

**4/11 Closed**

**4/18 Elbows & meat sauce  
w/garlic bread  
Salad**

**4/25 Chef's Choice  
Salad**

### Recipe of the Month - Apple Dump Cake

- 21 oz. Apple pie filling
- 1 box yellow cake mix
- 1/2 c. butter, melted

Spread pie filling evenly in lightly greased 13x9 pan. Sprinkle dry cake mix over filling. Drizzle with melted butter. Bake 350° for 20 minutes, or until golden brown. Cool 5 minutes before serving.



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 March, we had an open conversation around Connection. How do we know we are connecting with another person and how does that feel? It was great to hear how others look at things and their perspective. If you want to join us in April, please sign up at either site.

Aurora Bakery: A Member in Claremont volunteers her time baking and assembling baked goods.

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.



## Picnic at Moody Park

Thursday, 4/26, 12–3 PM

Claremont

Sign up for transportation from either site.



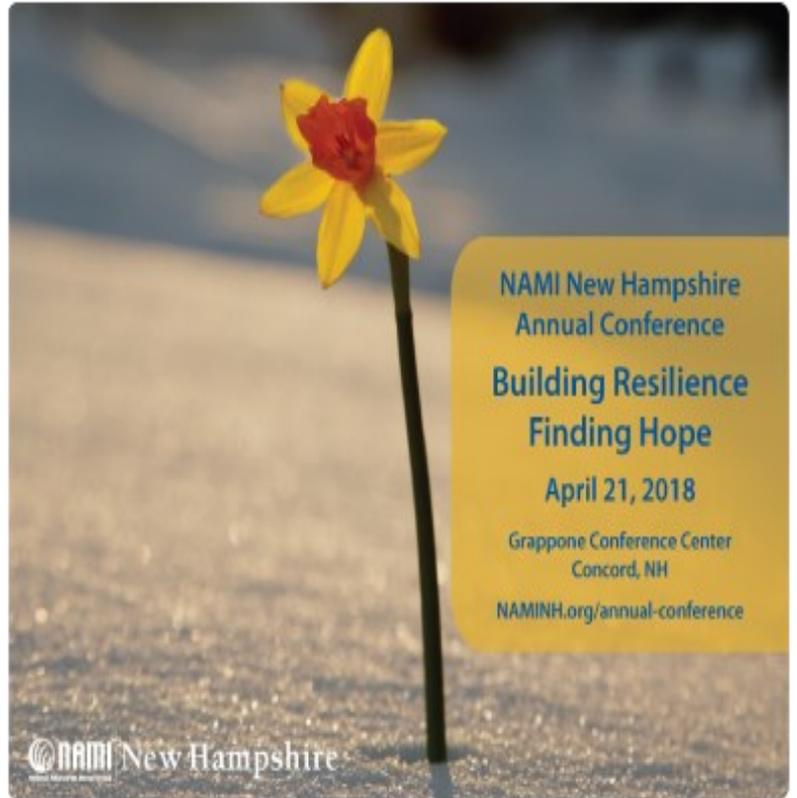
### Peer Respite in New Hampshire

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



### 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 give your contact information to the Board member in charge of Board Recruitment.



## Newport

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

Our Recovery Center is a safe place where recovery development occurs and where individuals will be matched with people offering recovery support services. Our center is 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](mailto: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, 4/9, 9:30—11:30 AM  
Stepping Stone  
Sign up for transportation  
from Next Step.

### NH Mental Health Planning & Advisory Council

Tuesday, 4/10, 10 AM—2:15 PM  
NH Housing Authority, Bedford  
Please see information posted at  
both sites.

### Arbor View Connection

Monday, 4/16, 1 PM  
Sign up for transportation  
from either site.

### Consumer Council Meeting

Tuesday, 4/17, 10 AM—1 PM,  
BMHS, Concord

Sign up for transportation at either site.  
See page 3 for call-in option.

### Volunteer Recognition

Friday, 4/20, 2 PM  
Stepping Stone & Next Step

### Educational Event

Intentional Peer Support-Mutuality

with Theresa Partridge

Tuesday, 4/24, 1 PM  
Stepping Stone

### Educational Event

Intentional Peer Support-Mutuality

with Chris Manns & Amber Hebert

Wednesday, 4/25, 1 PM  
Next Step

### Picnic at Moody Park

Thursday, 4/26, 12-3 PM  
Claremont

Please 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. Our supports are designed and driven by people with lived experience, and we are committed to the creation of a safe, supportive, and educational environment for people working on wellness. Members share real life experiences with their peers as they move toward what they want. 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.

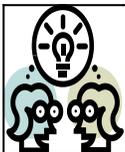
“If you can’t find peace within yourself, you will never find it anywhere else.

-Marvin Gaye

-born April 2, 1939

Check out our website:

[www.steppingstonenextstep.org](http://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 4–9PM, seven days a week. To reach our Warmline, call 543-1388. If calling long distance within NH, call toll free at 1-888-582-0920.



### **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](mailto:shanon.pyatt@steppingstonenextstep.org) to indicate your preference.

Editor: Shanon L. Pyatt