

Community Meal Menus

Stepping Stone

- 7/3 Chef's Choice Salad**
- 7/10 Spaghetti & meat sauce w/garlic bread Salad**
- 7/17 Tacos Salad**
- 7/24 Homemade Mac & Cheese w/meat Salad**
- 7/31 Chef's Choice Salad**

Next Step

- 7/4 Grilled Hotdog/pepper/onion Mac salad Salad**
- 7/11 Shepard's Pie Salad**
- 7/18 Canned Ravioli w/garlic bread Salad**
- 7/25 Mac & cheese w/hamburger Salad**

Recipe of the Month - Easy Tuna Casserole

- 3 cups cooked macaroni
- 1 (5 ounce) can tuna, drained
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 cup shredded Cheddar cheese
- 1 1/2 cups French fried onions

Preheat oven to 350°. In a 9x13-inch baking dish, combine the macaroni, tuna, and soup. Mix well, and then top with cheese. Bake for about 25 minutes, or until bubbly. Sprinkle with fried onions, and bake for another 5 minutes. Serve hot and enjoy.



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 June, there was conversation around life and how we see it through our eyes. There was a lot of conversation about what is out in the community that keeps us connected. We enjoy getting together and visiting each month. If you want to join us in July, 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.

Visit from the Bureau of Mental Health Services

On Wednesday, 7/11, staff from Bureau of Mental Health Services will be conducting a Financial and Quality Improvement review of the agency. One component is a meeting with Members.

Please watch for sign-up sheets for this very important opportunity to give feedback to the folks with whom we have our contract to provide peer support.



Fairlee Vt. Drive-in

July
Fairlee, Vt.

Come join us for an evening of movies and fun. Movie title TBA. 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

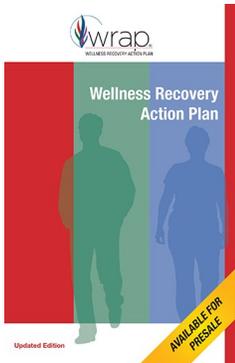
HEARTS Peer Support Center of Greater
Nashua
5 Pine Street Extension Suite 1-G
PO Box 1564
Nashua NH 03060
Telephone: (603) 864-8769

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

Events and Trips—July 2018 through June 2019

- July 2018: Drive-in Movie, Fairlee, VT
 - August 2018: Cornish Fair
 - September 2018: Hampton Beach & Seafood Festival
 - October 2018: Haunt & History Tour, Salem, MA
 - November 2018: Mall of NH, Manchester
 - December 2018: La Salette Shrine Christmas Lights, Enfield
 - January 2019: Vt. Institute of Natural Science, Quechee, VT
 - February 2019: Chinese Buffet, Claremont
 - March 2019: Ice Cream Social, Stepping Stone or Next Step
 - April 2019: Bowling, Claremont
 - May 2019: Fore-U Mini-golf, W. Lebanon
 - June 2019: Strawberry Festival, Springfield, VT
- Details for each event or trip will be on the sign-up sheets posted before each one.

Some great ideas didn't make the ballot. We posted the list of annual, Member-run, agency, and expensive trips.



Starting July 12, we will be hosting a WRAP® workshop!

“The Wellness Recovery Action Plan (WRAP®) is a personalized wellness and recovery system born out of and rooted in the principle of self-determination. Working with a WRAP® can help individuals to monitor uncomfortable and distressing feelings and behaviors and, through planned responses, reduce, modify, or eliminate those feelings.” The workshop is every Thursday, 7/12-8/30, 4:30-6 PM, at Stepping Stone. The Facilitators encourage participants to take part in the entire 8-week series. Each Thursday, a different topic is covered, and at the end each participant will have created his or her own WRAP plan! Materials will be provided. Please call Shanon Pyatt at 543-1388 for more info or to sign up. Space is limited.

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



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, 7/9, 9:30—11:30 AM
Stepping Stone
Sign up for transportation
from Next Step.

NH Mental Health Planning & Advisory Council

Tuesday, 7/10, 10 AM—2:15 PM
NH Housing Authority, Bedford
Please see information posted at
both sites.

Board of Directors Meeting

Wednesday, 7/11, 3:30-4:30 PM
Stepping Stone
Sign up for transportation
from Next Step.

WRAP® Workshop 8-week course

Thursday, 7/12, 7/19, 7/26
4:30—6 PM
Stepping Stone
Call Shanon at 543-1388 to sign-up.

Fairlee Vt. Drive-in

Sign up for transportation
from either site.

Arbor View Connection

Monday, 7/30, 1 PM
Sign up for transportation
from either site.

Educational Event—TBA

Next Step

Educational Event—TBA

Stepping Stone

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.

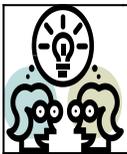
“Laughter is life-giving. It makes you breathe.”

-Kristen Chenoweth

-born July 24, 1968

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 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 to indicate your preference.

Editor: Shanon L. Pyatt