



# Community Meal Menus

## Stepping Stone

**1/1 Closed**

**1/8 Mac & Cheese w/hotdogs/beans  
Salad**

**1/15 Meat Stir Fry  
Salad**

**1/22 Spaghetti w/garlic bread  
Salad**

**1/29 Chicken Mac salad  
Salad**

## Next Step

**1/2 Mac & Cheese/hotdogs  
Salad**

**1/9 Eggs w/veggies/toast  
Salad**

**1/16 Raviolis w/garlic bread  
Salad**

**1/23 Chef's Choice  
Salad**

**1/30 Beef Stew w/crescent rolls  
Salad**

## Recipe of the Month – Breakfast cookies

- 2 Bananas
- 1 Cup Quick Oats
- 1 tsp Cinnamon

Preheat oven to 350°. Mash bananas in a medium bowl with fork. Add quick oats and cinnamon, stir well. Place rounded tablespoons on greased baking sheet. Bake for 15 minutes. 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. Here's what we're doing now:

Arbor View visit: In December, we painted Christmas ornaments and shared stories and memories of our past. 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. A Member in Claremont helps package 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.

Woodlawn Nursing Home: A Member volunteers time once a week.

## VT. Institute of Natural Science

Wednesday, 1/16/19  
1–3 PM

Sign up for transportation  
at either site.

2018 PSA Outcomes Survey is available through 1/4/19

There are 3 options for you to complete the survey:

1. Use a computer at Stepping Stone or Next Step,
2. Use another computer and follow the link  
<https://www.surveymonkey.com/r/3L5WDLZ>,
3. Complete a paper version at Stepping Stone or Next Step, which staff will enter online.

Your voice is important. Please complete a survey. Call Shanon at 543-1388 if you have questions.

### 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

## Hannaford Helps



During January, 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 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.

### 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.



## Location

1 Pleasant St., Suites 104 and 105  
Claremont, NH 03743  
603-287-7127

## Facebook

<https://www.facebook.com/pg/recoveryresourcecenter>

We believe that the key to long-term recovery is a strong foundation of support and community. The Center is a communal space for individuals and families seeking support for substance misuse and addiction-related issues. We host an array of peer-based, non-clinical programs, and services including recovery coaching, support groups, educational workshops, and drug-free/sober community events.



## Upper Valley Haven

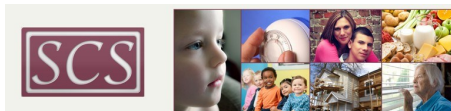
Mon-Thu 8:30am-6pm  
Fri 8:30am-4pm  
Food Shelf opens at 9 am

713 Hartford Ave, White River Junction, Vermont ∞ 802-295-6500  
[info@uppervalleyhaven.org](mailto:info@uppervalleyhaven.org)

a non-profit, private organization that serves people struggling with poverty by providing food, shelter, education, service coordination, and other support.

## Southwestern Community Svcs

96-102 Main Street  
Claremont, NH 03743  
Phone: 603.542.9528  
Toll Free: 800.529.0005  
TTY-NH Relay: 800.735.2964



Please call the Sullivan County shelter at 542.3160 for more information about the Emergency Shelter Program or Housing Stabilization Counseling.

**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

### NH Mental Health Planning & Advisory Council

Tuesday, 1/8, 9:30 AM-2 PM

Fox Chapel, BMHS, Concord  
Please see information posted at both sites.

### Newsletter Workgroup

Monday, 1/14, 9:30-11:30 AM

Stepping Stone  
Sign up for transportation  
from Next Step.

### Arbor View Connection

Monday, 1/14, 1 PM

Sign up for transportation  
from either site.

### Consumer Council Meeting

Tuesday, 1/15, 10 AM-1 PM,  
BMHS, Concord.

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

### VT. Institute of Natural Science

Wednesday, 1/16, 1-3 PM

Sign up for transportation  
from either site.

### Educational Event- West Central Behavioral Health with Suellen Griffin

Tuesday, 1/22, 1 PM  
Stepping Stone

### Educational Event- West Central Behavioral Health with Suellen Griffin

Wednesday, 1/23, 1 PM  
Next Step

Stepping Stone and Next Step Peer Support and Crisis 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. This program is funded in part by a SAMHSA Block Grant and the NH Department of Health and Human Services. Our supports are free to NH residents.

"I just live my life."

-Liam Hemsworth  
-born January 13, 1990



Suggestion Boxes are at both sites for your ideas and suggestions regarding the Centers. Please place your constructive suggestions in the box. Your name is optional.

### 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.

## How to Reach Us

### Stepping Stone

**Phone:** 543-1388

**Fax:** 543-0131

**Center hours:**

Sunday 11 AM–3 PM

Monday–Thursday 9 AM–4 PM

Friday Noon–7 PM

Saturday 11 AM–4 PM

### 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 9 AM–5 PM

Friday 11 AM–6 PM

Saturday 11 AM–4 PM

### Peer Support Warmline

Our Warmline is available 4–9 PM, 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