

Community Meal Menus

Stepping Stone

- 2/4 Sloppy Joes/chips Salad**
- 2/11 Corn Chowder/breakfast sandwich Salad**
- 2/18 Homemade Mac & Cheese/ham Salad**
- 2/25 Pineapple-BBQ Meatballs/rice Salad**

Next Step

- 2/5 Hot dogs/fries Salad**
- 2/12 English muffin pizzas Salad**
- 2/19 Shepard's Pie Salad**
- 2/26 Canned Ravioli/garlic bread Salad**

Recipe of the Month – Meatloaf

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| <ul style="list-style-type: none"> • 1½ pounds ground beef • 1 egg • 1 onion, chopped • 1 cup milk • 1 cup dried bread crumbs | <ul style="list-style-type: none"> • salt and pepper to taste • 2 tablespoons brown sugar • 2 tablespoons prepared mustard • 1/3 cup ketchup |
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Preheat oven to 350°. In a large bowl, combine the beef, egg, onion, milk and bread crumbs. Season with salt and pepper to taste and place in a lightly greased loaf pan, or form into a loaf and place in a lightly greased 9×13 inch baking dish. In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf. Bake at 350° for 1 hour.



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 January, we went through a guided meditation and basic yoga. It was calming and relaxing. If you want to join us in February, please sign up at either site.

Baby Steps: A Member volunteers putting clothes out on the show room once a week.

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.

Turning Point Network: A Member offers to talk with folks that come. She supports them through difficult times.

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.



Imperial Buffet

Claremont

Thursday, 2/20/20

12-2 PM

Sign up for transportation from either site.

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.
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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.



Hannaford
Helps



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 who manages Board Recruitment.

During February, 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.



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

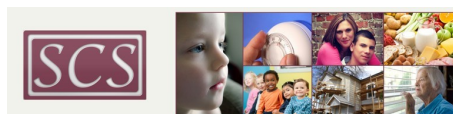
Mon-Thu 8:30am-6pm
Fri 8:30am-4pm
Food Shelf opens at 9 am

713 Hartford Ave, White River Junction, Vermont ∞ 802-295-6500
info@uppervalleyhaven.org

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

Southwestern Community Services

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



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

Educational Event

Crisis Respite with Kim Metcalfe

Tuesday, 2/4, 1 PM

Stepping Stone
Thursday, 2/6, 1 PM

Next Step

Arbor View Connection

Monday, 2/10, 1 PM

Sign up for transportation
from either site.

Newsletter Workgroup

Monday, 2/10, 9:30-11:30 AM

Stepping Stone

Sign up for transportation
from Next Step.

Consumer Council Meeting

Tuesday, 2/18, 11 AM-1 PM

BMHS, Concord

Sign up for transportation
from either site.

Imperial Buffet in Claremont

Thursday, 2/20, 12-2 PM

Sign up for transportation
from either site.

NH Mental Health Planning & Advisory Council

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

Please see information posted
at both sites.

Mission Statement: To support our mental health peers on their personal paths towards wellness within a community free from judgment where we share feelings, experiences, and tools in a respectful way.

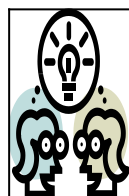
-Adopted 3/13/19

Our programs are 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’ve always loved butterflies, because they remind us that it’s never too late to transform ourselves.”

-Drew Barrymore

-born February 22, 1975



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.

Peer Respite in New Hampshire

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

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

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.

February



Editor: Shanon L. Pyatt