

Group Schedule via zoom:

9-10 AM Nutrition NO GROUP 4/16, 30

Computer: Go to <https://zoom.us/j/641939622>

Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 641939622

Phone: Call 1-646-558-8656, enter Meeting ID 641939622#, for password press #

11 AM-Noon Check-in

Computer: Go to <https://zoom.us/j/95084929764>

Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 95084929764

Phone: Call 1-646-558-8656, enter Meeting ID 95084929764#, for password press #

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.

WISH LIST

all holiday DVDs

patio table

digital camera

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- Members for helping with the Newsletter.
- Everyone for being patient with our changes.

If you know of a donation we haven't recognized, please see Shanon.

You

Recipe of the Month -April Fool's Cake

- 1 lb. lean ground beef
- 1/2 c. salsa
- 1 c. frozen corn
- 1 carrot, shredded
- 1/4 c. dry bread crumbs
- 1-1/4 lb. baking potatoes (about 4), peeled, quartered
- 1 c. small cauliflower florets
- 1/4 c. milk



Heat oven to 400°F. Mix meat, salsa, corn, carrots and bread crumbs just until blended; press onto bottom of 9-inch pie plate. Bake 30 min. or until meatloaf is done (internal temp 160°F). Meanwhile, cook potatoes and cauliflower in boiling water in large saucepan 20 min. or until vegetables are tender. Drain vegetables; return to pan. Add milk; mash until vegetable mixture is light and fluffy. Spread over meat mixture to resemble a frosted cake. Enjoy!



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.



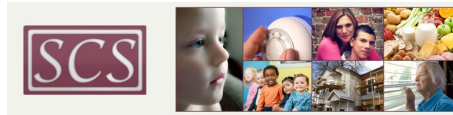
Mon-Thu 8:30am-6pm
Fri 8:30am-4pm

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

Newsletter Workgroup

Monday, 4/12, 10-11 AM
Stepping Stone

NH Mental Health Planning & Advisory Council

Tuesday, 4/13, 9:30 AM-12 PM

Via computer or smartphone:

<https://nh-dhhs.zoom.us/j/6097694487?pwd=NzVwTjNIZ01Ba2NzY0VVR2t1N3p4Zz09>

You can also dial in using your phone.
United States: +1 (646) 558 8656

Meeting ID: 609 769 4487

Password: 418565

NH Mental Health Peer Alliance

Tuesday, 4/20, 10 AM—12 PM

Via computer or smartphone:

<https://global.gotomeeting.com/join/160387205>

You can also dial in using your phone.

United States: +1 (571) 317-3122

Access Code: 160-387-205

Educational Event

Tuesday, 4/20, 1 PM
The Center for Recovery Resources
with Gail Moeller
Stepping Stone

Educational Event

Wednesday, 4/21, 1 PM
The Center for Recovery Resources
with Gail Moeller
Next Step



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 don’t want other people to decide who I am. I want to decide that for myself.”

-Emma Watson

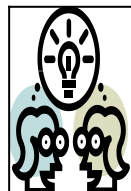
-born April 15, 1980

Peer Respite in New Hampshire

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

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



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.

How to Reach Us

Stepping Stone

Phone: 543-1388

Fax: 543-0131

Center hours:

Sunday 11 AM–2:30 PM

Monday–Thursday 9 AM–3:30 PM

Friday Noon–6:30 PM

Saturday 11 AM–3:30 PM

Next Step

Phone: 448-6941

Fax: 448-0702

Center hours:

Monday 9 AM–4:30 PM

Tuesday 9 AM–4 PM

Wednesday 9: AM–4:30 PM

Thursday 9 AM–4:30 PM

Friday 11 AM–5 PM

Saturday 11 AM–3:30 PM

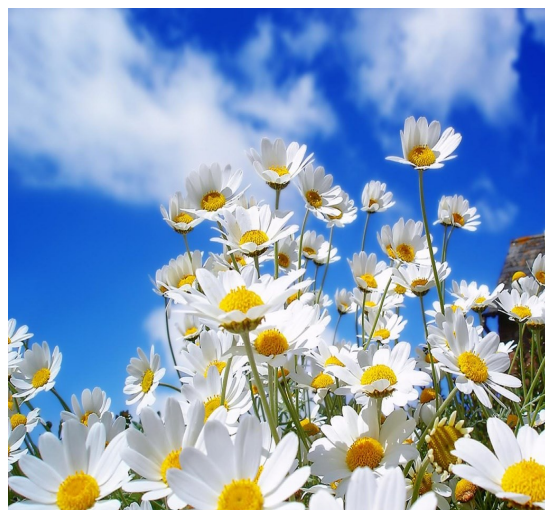
Peer Respite

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.

Peer Support Warmline

Our Warmline is available Sunday, Monday, Wednesday, 4–9 PM; Tuesday, Thursday, Friday, Saturday 4–8PM. To reach our Warmline, call 543-1388. If calling long distance within NH, call toll free at 1-888-582-0920.

April



Editor: Shanon L. Pyatt