

Group Schedule via zoom:



9-10 AM Nutrition NO GROUP 7/2, 5

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 NO GROUP 7/5

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 Laferte at 603 543-1388, and she will give your contact information to the Board member who manages Board Recruitment.



Please Note: There will be NO Warmline on Saturday, 7/3.



The Giving Room

You may shop by appointment only and must be accompanied by staff on the following days:

Next Step - All day Monday and Thursday (see Amber).

Stepping Stone - Monday, 11AM-12PM & 1-2PM (see Stacy); Wednesday, 1-3PM (see Heather);

Saturday, 11:30AM-12:30PM (see Kim).

PLEASE NOTE: We are not taking donations at this time.



Stepping Stone Group Changes:

Wednesday:

11 AM Proactive Behavior, in place of Movement & Music

Saturday:

2 PM Rock-on Cardio, in place of Continuous Growth

Recipe of the Month – Chicken & Waffles

- 12 frozen crispy chicken strips (about 18 ounces)
- 1/2 cup honey
- 2 teaspoons hot pepper sauce
- 8 frozen waffles, toasted

Bake chicken strips according to package directions. Meanwhile, in a small bowl, mix honey and pepper sauce. Cut chicken into bite-sized pieces; serve on waffles. Drizzle with honey mixture.

Stepping Stone Supports:

- Space in the building is limited to 7 Members at a time to allow for physical distancing. Seating is allowed in designated areas only.
- Porch access is not permitted. The door to the kitchen will be locked, and the stairs will be taped off.
- The glass front door will be locked and answered when someone knocks.
- Before entering the building (these apply to all staff and Members):
 - ✓ We will take your temperature, and if it is above 100.4°F, we will ask you to go home and seek medical advice.
 - ✓ We will ask you a series of questions:
 - * Within the last 10 days have you had close contact with someone who tested positive for COVID-19?
 - * In the last 72 hours have you had a fever or felt feverish?
 - * Are you experiencing any respiratory symptoms, including a runny nose, sore throat, cough, or shortness of breath?
 - * Are you experiencing any new muscle aches, chills, or severe fatigue?
 - * Are you experiencing nausea, vomiting, or diarrhea?
 - * Have you experienced any new change in your sense of taste or smell?
If you answer, “Yes” to any of these questions, we will ask you to go home and seek medical advice.
 - * In the last 10 days have you traveled outside the US or on a cruise ship?
If you answer, “Yes,” we will ask you to follow NH’s latest travel guidance.
 - ✓ If you are fully vaccinated against COVID-19, wearing a face mask is optional. If you are not fully vaccinated against COVID-19, wearing a face mask is required. We will provide you with a disposable mask.
- We require frequent handwashing and sanitizing.
- Upstairs access is limited to staff only (except for laundry and The Giving Room). Administrative staff are responsible for cleaning and disinfecting upstairs.
- Laundry must be in a clear, closed plastic bag, and laundry punch cards are required. You must get staff permission before going upstairs.
- The Giving Room is available to shop by appointment only Monday, 11 AM-12 PM & 1-2 PM (see Stacy); Wednesday, 1-3 PM (see Heather); Saturday, 11:30 AM-12:30 PM (see Kim). You must be accompanied by staff.
- Smoking is allowed in designated areas only, and you must maintain 6’ physical distancing.
- Member phone calls can be made and received downstairs only. You must get staff permission to use the phone.
- Shower access is limited to downstairs only. You must get staff permission to use the shower and disinfect surfaces before and after each use.
- These supports are on-hold until further notice:
 - ✓ Public computer use
 - ✓ Community Potluck and other food prep, including coffee
NOTE: Staff may use the microwave to prepare personal lunch and will disinfect it after every use.
 - ✓ Community Trips
 - ✓ Willing Hands food deliveries
 - ✓ Giving Room donations

Next Step Supports:

- Space in the building is limited to 5 Members at a time to allow for physical distancing. Seating is allowed in designated areas only.
- The front door will be locked and answered when someone knocks.
- Before entering the building (these apply to all staff and Members):
 - ✓ We will take your temperature, and if it is above 100.4°F, we will ask you to go home and seek medical advice.
 - ✓ We will ask you a series of questions:
 - * Within the last 10 days have you had close contact with someone who tested positive for COVID-19?
 - * In the last 72 hours have you had a fever or felt feverish?
 - * Are you experiencing any respiratory symptoms, including a runny nose, sore throat, cough, or shortness of breath?
 - * Are you experiencing any new muscle aches, chills, or severe fatigue?
 - * Are you experiencing nausea, vomiting, or diarrhea?
 - * Have you experienced any new change in your sense of taste or smell?
If you answer, “Yes” to any of these questions, we will ask you to go home and seek medical advice.
 - * In the last 10 days have you traveled outside the US or on a cruise ship?
If you answer yes, we will ask to follow NH’s latest travel guidance.
 - ✓ If you are fully vaccinated against COVID-19, wearing a face mask is optional. If you are not fully vaccinated against COVID-19, wearing a face mask is required. We will provide you with a disposable mask.
- We require frequent handwashing and sanitizing.
- Smoking is allowed in designated areas only, and you must maintain 6’ physical distancing.
- Member phone calls can be made and received on Member phone in the diningroom. You must get staff permission to use the phone.
- Laundry must be in a clear, closed plastic bag, and laundry punch cards are required. You must get staff permission before doing laundry.
- Shower access is allowed. You must get staff permission to use the shower and disinfect surfaces before and after each use.
- The Giving Room is available to shop by appointment only Monday and Thursday (see Amber). You must be accompanied by staff.
- These supports are on-hold until further notice:
 - ✓ Public computer use
 - ✓ Community Potluck and other food prep, including coffee
 - ✓ NOTE: Staff may use the microwave to prepare personal lunch and will disinfect it after every use.
 - ✓ Community Trips
 - ✓ Willing Hands food deliveries
 - ✓ Giving Room 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.

Upcoming Events & Meeting

Community Meetings

Stepping Stone, Tuesday, 1-2 PM
Next Step, Wednesday, 1-2 PM

Newsletter Workgroup
Monday, 7/12, 10-11 AM
Stepping Stone

NH Mental Health Planning & Advisory Council

Tuesday, 7/13, 9:30AM—12PM
Via computer or smartphone:

<https://nh-dhhs.zoom.us/j/2680146033?pwd=UmxiaXl6VWswclFkcDR0aUZYUkp4dz09>

You can also dial in using your phone.

United States: +1 (312) 626 6799

Meeting ID: 268 014 6033

Password: 691279

Board Meeting

Wednesday, 7/14, 3:30-4:30 PM
via computer:

<https://us02web.zoom.us/j/81626314501?pwd=YkxwaHAxNlRXZGVQeENNZ1JiWkFCZz09>

Meeting ID: 816 2631 4501

Passcode: 431330

via smartphone or Tablet:

+16465588656,,81626314501#,,,*,431330# US (New York)

via Telephone: +1 646 558 8656 US (New York)

Meeting ID: 816 2631 4501

Passcode: 431330

NH Mental Health Peer Alliance

Tuesday, 7/20, 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, 7/20, 1 PM

ServiceLink with Jennifer Seher
Stepping Stone

Educational Event

Wednesday, 7/21, 1 PM

ServiceLink with Jennifer Seher
Next Step



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

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.

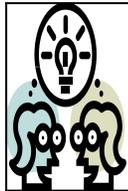
-Adopted 3/13/19

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.

“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.”



-Princess Diana
-born July 1, 1961



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

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
32 Washington 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

How to Reach Us

Stepping Stone

Phone: 543-1388
Fax: 543-0131
Center hours:
Sunday 11 AM–3 PM
Monday 9 AM–4 PM
Tuesday 9 AM–4 PM
Wednesday 9 AM–4 PM
Thursday 9 AM–4 PM
Friday Noon–7 PM
Saturday 11 AM–4 PM

Next Step

Phone: 448-6941
Fax: 448-0702
Center hours:
Monday 9 AM–5 PM
Tuesday 9 AM–5 PM
Wednesday 9 AM–5 PM
Thursday 9 AM–5 PM
Friday 11 AM–6 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.

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.



Editor: Shanon L. Laferte