

Group Schedule via zoom:

9-10 AM Nutrition NO GROUP 11/5, 11, 25, 26

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 11/11, 25, 26

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.



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 Theresa); Saturday, 11:30AM-12:30PM (see Joanne).

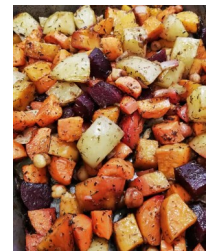


PLEASE NOTE: We are not taking donations at this time.



Recipe of the Month - Savory Roasted Root Veggies

- 1 cup diced, raw beets
- 4 carrots, diced
- 1 onion, diced
- 2 cups diced potatoes
- 4 cloves garlic, minced
- ¼ cup canned garbanzo beans (chickpeas), drained
- 2 tablespoons olive oil
- 1 tablespoon dried thyme leaves
- salt and pepper to taste
- ½ cup dry white wine
- 1 cup torn beet greens



Preheat an oven to 400°. Place the beets, carrots, onion, potatoes, garlic, and garbanzo beans into a 9x13 inch baking dish. Drizzle with the olive oil, then season with thyme, salt, and pepper. Mix well. Bake, uncovered, in the preheated oven for 30 minutes, stirring once midway through baking. Remove the baking dish from the oven, and stir in the wine. Return to the oven, and bake until the wine has mostly evaporated and the vegetables are tender, about 15 minutes more. Stir in the beet greens, allowing them to wilt from the heat of the vegetables. Season to taste with salt and pepper before serving.



Location

62 Pleasant St.
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

Educational Event

Tuesday, 11/2, 1 PM
HIV/HCV with Laura Byrne
Stepping Stone

Educational Event

Thursday, 11/4, 1 PM
HIV/HCV with Laura Byrne
Next Step

Newsletter Workgroup

Tuesday, 11/8, 10-11 AM
Stepping Stone

Board Meeting

Wednesday, 11/10, 3:30-4:30 PM
via computer:

<https://us02web.zoom.us/j/82928357582?pwd=dWxWTFkrVlBQSFZ5MkZldUdzUzJlOT09>

Meeting ID: 829 2835 7582

Passcode: 448487

via smartphone or Tablet:

+13126266799,,82928357582#,,,,*448487# US
(Chicago)

+16465588656,,82928357582#,,,,*448487# US
(New York)

via Telephone:

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 829 2835 7582

Passcode: 448487

NH Mental Health Peer Alliance

Tuesday, 11/16, 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

NH Mental Health Planning &

Advisory Council

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

Please see information posted
at both sites.



Mon-Thu 8:30am-6pm

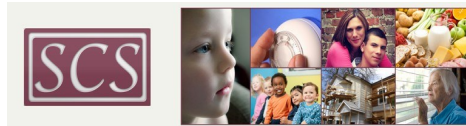
Fri 8:30am-4pm

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

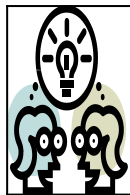
Our programs are funded in part by a SAMHSA Block Grant and the NH Department of Health and Human Services. Our supports are free to NH residents.

“I’ve learned it’s important not to limit yourself. You can do whatever you really love to do, no matter what it is.”



-Bob Ross

-born November 12, 1980



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 9 AM–3 PM

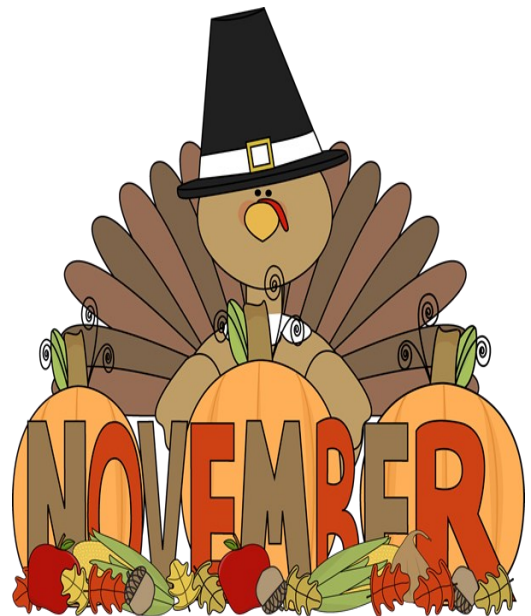
Saturday 10:30 AM–4:30 PM

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, Thursday, Saturday 4–9 PM; Tuesday, Friday 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