

Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS– 4/4, 8, 11, 18, 25

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 GROUPS– 4/4, 11, 18, 25

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 Shanon); 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 – Marinated Cucumber, Onion and Tomato Salad

- 1 c. water
- 1/2 c. distilled white vinegar
- 1/4 c. vegetable oil
- 1/4 c. sugar
- salt and pepper to taste
- 3 cucumbers, peeled and sliced
- 3 tomatoes, cut into wedges
- 1 onion, sliced



Whisk water, vinegar, oil, sugar, salt and pepper together in a large bowl until smooth; add cucumber, tomatoes, and onion and stir to coat. Cover bowl and refrigerate for at least 2 hours.



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.



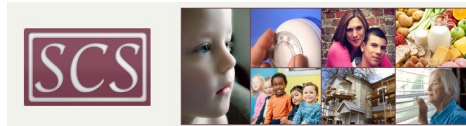
Mon-Thu 8:30am-6pm
Fri 8:30am-4pm

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, 4/11, 10-11 AM
Stepping Stone

NH Mental Health Planning &
Advisory Council

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

Via computer or smartphone:

[https://nh-dhhs.zoom.us/j/2680146033?
pwd=UmxiaXI6VWswclFkcDR0aUZYUkp4dz09](https://nh-dhhs.zoom.us/j/2680146033?pwd=UmxiaXI6VWswclFkcDR0aUZYUkp4dz09)

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

Meeting ID: 268 014 6033

Password: 691279

NH Mental Health Peer Alliance

Tuesday, 4/19, 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

Wednesday, 4/20, 1 PM
Our Board w/Lori Yanklowitz
Next Step

Educational Event

Tuesday, 4/26, 1 PM
Our Board w/Lori Yanklowitz
Stepping Stone

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.

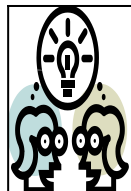
-Adopted 3/13/19

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.

“The thing we all had in common wasn’t muscle; it was the will to do whatever it takes.”

-Chris Kyle

-born April 8, 1974



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 Peer Support
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 9 AM–4 PM

Saturday 11 AM–4 PM

Next Step

Phone: 448-6941

Fax: 448-0702

Center hours:

Monday 8 AM–3 PM

Tuesday 9 AM–5 PM

Wednesday 9 AM–5 PM

Thursday 8 AM–5 PM

Friday 9 AM–3 PM

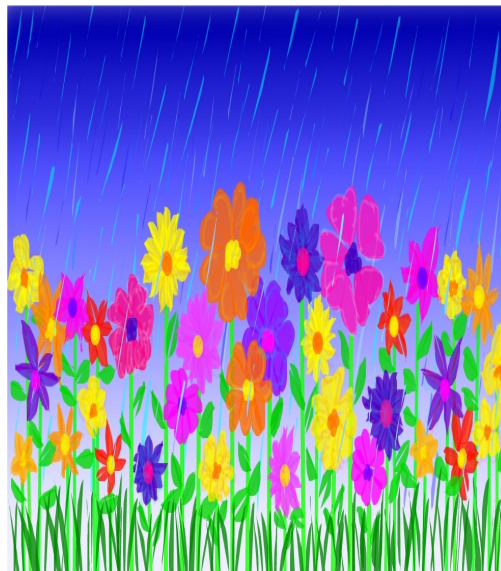
Saturday 10:30 AM–4:30 PM

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