

Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS– 5/9-13, 20, 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 NO GROUPS– 5/9-13, 30

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.

Hannaford Helps



During May, 2022, 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'll support us and the environment.

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 or Chris).

Stepping Stone – Monday, 11AM-12PM & 1-2PM (see Joanne); 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 – Ambrosia

- 1 (15 ounce) can mandarin oranges, drained
- 1 (20 ounce) can pineapple tidbits, drained
- 6 ounces (1/2 jar) of Maraschino Cherries, drained and chopped
- 1 cup miniature marshmallows
- 1 (8 ounce) tub Cool Whip

Combine all ingredients, serve and enjoy!





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

Board of Directors Meeting

Wednesday, 5/11, 3:30-4 PM
via computer:

<https://us02web.zoom.us/j/86732934822?pwd=U3JldDIQOXITck1LbmxQZW1DL3VpQT09>

Meeting ID: 867 3293 4822
Passcode: 103722

via smartphone or Tablet:

+13017158592,,86732934822#,,,,*103722
US (Washington DC)
+13126266799,,86732934822#,,,,*103722
US (Chicago)

via Telephone:

+1 301 715 8592 US (Washington DC)
+1 312 626 6799 US (Chicago)
Meeting ID: 867 3293 4822
Passcode: 103722

Newsletter Workgroup
Monday, 5/16, 10-11 AM
Stepping Stone

NH Mental Health Peer Alliance

Tuesday, 5/17, 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

Date: TBD, 1 PM
First-Aid w/Martha Hewitt
Stepping Stone

Educational Event

Date: TBD, 1 PM
First-Aid w/Martha Hewitt
Next Step

NH Mental Health Planning & Advisory Council

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



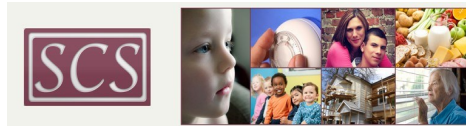
Mon-Thu 8:30am-6pm
Fri 8:30am-4pm

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.

“It feels better to love than to hate.”

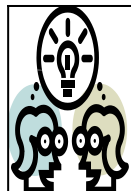
-Stevie Wonder
-born May 13, 1950

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



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–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–5 PM
Tuesday 9 AM–3 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 603 543-1388 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 603 543-1388. If calling long distance within NH, call toll free at 888-582-0920.



chibird.tumblr.com

Editor: Shanon L. Laferte