



# STEPPING STONE & NEXT STEP

## PEER SUPPORT & RESPITE CENTERS

### JUNE 2022



Stepping Stone  
108 Pleasant Street  
Claremont, NH 03743  
603-543-1388

Next Step  
109 Bank Street  
Lebanon, NH 03766  
603-448-6941

[www.steppingstonenextstep.org](http://www.steppingstonenextstep.org)

★★★  
 ★ **Members Spotlight** *-a place for your thoughts on peer support to take center stage* ★  
 ★★★

### Taking Flight

By: Anonymous

Having faith in yourself that you can do it, that at times there will be rough patches and things will get hard. To know that you as a human being are strong and resilient. Like a bird, you can take flight and guide yourself in the direction you want your life going.

Having first say over all others. To be able to share your story and that maybe someone else might be able to connect with a piece of it. Hopefully learning things about yourself and the world around you. I am not alone and I have the support from peers, friends and family to take flight in my life.

If you are interested in contributing a story, poem, or other idea, please call Shanon at 603-543-1388.

**WISH LIST**  
 all holiday DVDs  
 patio table  
 digital camera

### Changes to June's schedule:

Next Step:  
 6/17, open 11AM-3PM

Stepping Stone :  
 6/17, open 11AM-4PM

### Group Schedule via zoom:

9-10 AM Nutrition NO GROUP– 6/17

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 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 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 – Fizzy Peach Shake

- 3 medium peaches, pitted
- 1/3 cup ginger ale, chilled, plus additional for topping if desired
- 2 tablespoons of honey
- 1 quart vanilla ice cream
- Optional: Whipped cream and peach slices



Place peaches, ginger ale and honey in a blender; cover and process until smooth. Add ice cream, cover and process until combined. Pour into serving glasses. If desired, top with whipped cream or additional ginger ale and garnish with peach slices. Serve immediately.



### 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, 6/7, 1PM

First-Aid w/ Martha Hewitt

Stepping Stone

### Educational Event

Wednesday, 6/8, 1PM

First-Aid w/ Martha Hewitt

Next Step

### Newsletter Workgroup

Monday, 6/13, 10-11 AM

Stepping Stone

### NH Mental Health Peer Alliance

Tuesday, 6/21, 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.



## Upper Valley Haven

Mon-Thu 8:30am-6pm

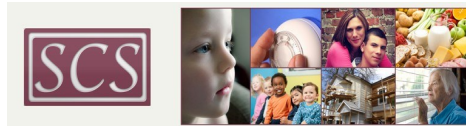
Fri 8:30am-4pm

713 Hartford Ave, White River Junction, Vermont ∞ 802-295-6500  
[info@uppervalleyhaven.org](mailto: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](mailto: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.

“When your past calls, don’t answer. It has nothing new to say.”

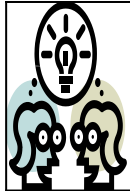
-Lionel Richie  
-born June 20, 1949

## 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.



Editor: Shanon L. Laferte