



### Group Schedule via zoom:



9-10 AM Nutrition NO GROUPS– 7/3, 4, 14, 31

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– 7/3, 4, 31

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 #



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.

“The most effective way to do it, is to do it.”

-Amelia Earhart

-born July 24, 1898



### 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.

Stepping Stone - Monday, 11 AM-12 PM & 1-2 PM; Wednesday, 1-3 PM; Saturday, 11:30 AM-12:30 PM.



### Creamy Cucumber Salad



- 2 medium shallots
- 1/2 cup sour cream
- 2 tablespoons white vinegar
- 1 teaspoon dried dill (or 3 tablespoons chopped fresh)
- 1 garlic clove, grated
- salt and pepper to taste
- 2 peeled cucumbers (about 2 pounds)

Thinly slice the shallots (separate them into rings with your fingers). In a small container, stir together the shallots with the sour cream, white vinegar, dried dill, grated garlic clove, salt and black pepper. Cover and refrigerate for 1 hour. Meanwhile, thinly slice cucumbers and place them in a colander. Toss the slices with several larger pinches of salt and rest 45 minutes. Remove them from the colander and pat them dry. When ready to serve, gently stir together the cucumbers and dressing (don't stir too vigorously or it will cause bubbles). Serve immediately or refrigerate for up to 2 hours; it gets watery if you refrigerate for too long with the sauce. If you'd like to prepare it in advance, refrigerate the components separately until serving.

**Our Vision:** We envision a world where peer support promotes social change and eliminates the stigma associated with mental health.

**Our Mission:** To support our mental health peers on their personal paths toward wellness within a community free from judgment where we share feelings, experiences, and tools in a respectful way.

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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.



OUR MISSION IS TO SUPPORT, ASSIST, & EMPOWER THOSE WHOSE LIVES ARE IMPACTED BY HIV & HEPATITIS C TO LIVE FULLY WITH DIGNITY. AND TO STOP THE SPREAD OF THESE VIRUSES THROUGH EDUCATION & UNDERSTANDING.

SUPPORT FOR ANYONE LIVING WITH OR AT RISK FOR HIV & VIRAL HEPATITIS:

SYRINGE ACCESS, CASE MANAGEMENT, AND COMMUNITY EDUCATION

2 BLACKSMITH STREET  
LEBANON, NH  
(603) 448-8887  
(800) 816-2220  
WWW.H2RC.ORG



### MOBILE SYRINGE EXCHANGE

Anonymous, confidential & COST-FREE  
BY APPOINTMENT  
UPPER VALLEY VT & NH

We offer:

- **Support For People Who Use Drugs**
- **Harm Reduction Supplies**  
syringes and safer injection works
- **Narcan & Fentanyl Test Strips**
- **Overdose Prevention Training**
- **Hepatitis C & HIV** prevention, testing and referrals to care
- **Education & Referrals**
- **Connection** to recovery support, medical and social services
- **Help** signing up for health insurance and other support services

Meeting You Where You're At.

For more information or to schedule a meetup:

Ryan (603) 276-9698

Ryan@H2RC.org

*RFOWLER@H2RC.ORG*

Laura (603) 306-1105

Laura@H2RC.org

### Board of Directors News

We're looking for 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 Governance Committee.



## Office of Consumer & Family Affairs

Address: Main Building 105 Pleasant St Concord NH 03301

Email Address: [OCFA@dhhs.nh.gov](mailto:OCFA@dhhs.nh.gov)

Phone: (603) 271-5045



### The Office of Consumer & Family Affairs Name Change Survey



#### Help the Office of Consumer & Family Affairs Choose a New Name!

Language matters, and it is past time to rename this office. We are seeking community input regarding the name change.

Please feel free to make your preference known by selecting from the options in the survey at the link below, or by submitting your own ideas. We want to hear from you. Share this survey with other community members to encourage all to have a say in what we are moving towards.

**Survey Link:** [OCFA Name Change Survey](#) or go to <https://www.surveymonkey.com/r/OCFAnamechange>

~reprinted from <https://www.dhhs.nh.gov/programs-services/health-care/mental-health/office-consumer-family-affairs>



**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. 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.



141 Mascoma Street, Lebanon, NH 03766

Phone: 603-448-4872

Email: [info@headrest.org](mailto:info@headrest.org)

Headrest supports individuals and their families, friends and neighbors affected by substance use, navigating recovery, or in crisis, by providing effective programs and treatment options that support prevention and long-term recovery. Headrest will never turn anyone away.



# Upper Valley Haven

Mon-Thu 8:30am-6pm

Fri 8:30am-4pm

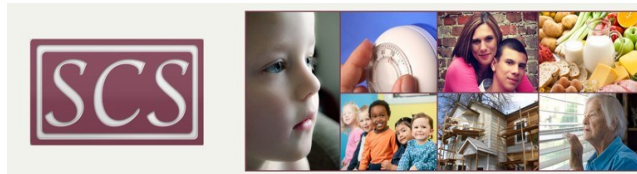


713 Hartford Ave, White River Junction, Vermont ∞ 802-295-6500 [info@uppervalleyhaven.org](mailto:info@uppervalleyhaven.org)

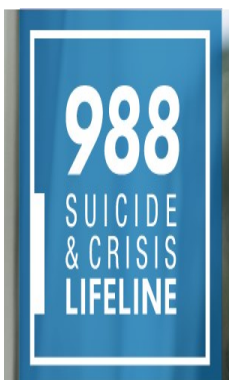
a non-profit, private organization that serves people struggling with poverty by providing food, shelter, education, service coordination, and other support.

**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 603 542.3160 for more information about the Emergency Shelter Program or Housing Stabilization Counseling.



The Lifeline accepts calls from anyone who needs support for a suicidal, mental health or substance use crisis.

988 does not have geolocation capabilities, so if calling from a non-603 number, continue to use 833-710-6477 to reach the NH Access Point.

## How to Reach Us

### Stepping Stone

Phone: 603-543-1388

Fax: 603-543-0131

#### 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: 603-448-6941

Fax: 603-448-0702

#### Center hours:

Monday 9 AM–3 PM

Tuesday 9 AM–5 PM

Wednesday 9 AM–5 PM

Thursday 9 AM–5 PM

Friday 9 AM–7 PM

Saturday 10:30 AM–2:30 PM

### Peer Support Warmline

Our Warmline is available Sunday-Thursday, 4-9 PM;

Friday, 4-8 PM; Saturday, 4-9 PM.

To reach our Warmline, call 603-543-1388. If calling long distance within NH, you may call toll free at 888-582-0920.

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### Peer Respite in New Hampshire

H.E.A.R.T.S. 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

24 Vernon Street

Keene, NH 03431

Telephone: (603) 352-5093

### NH Recovery Oriented Step-Up/Step-Down Programs (SUSD)

#### **Connections Peer Support Center**

161 1st NH Turnpike, Northwood, NH 03261

603.427.6966 Office; 603.373.6519 Fax

kali@connectionspeersupport.org

#### **H.E.A.R.T.S. Peer Support Center**

5 Pine St. Ext. 1G, Nashua, NH 03060

603.882.8400 Office; 603.864.8482 Fax

cherylt@heartpsa.com

#### **Monadnock Area Peer Support**

24 Vernon Street, Keene, NH 03431

603.352.5093 Office; 603.550.5506 Fax

karen@monadnockpsa.org

#### **On the Road to Wellness**

59 Sheffield Road, Manchester, NH 03103

603.232.6250 Office; 603.232.6158 Fax

susd@otrtw.org



## Upcoming Events & Meeting

### Community Meetings

Stepping Stone, Tuesday, 1-2 PM

Next Step, Wednesday, 1-2 PM

### Newsletter Workgroup

Monday, 7/10, 10-11 AM

Stepping Stone

### NH Behavioral Health Planning & Advisory Council

Tuesday, 7/11, 9:30 AM-12 PM

Via computer or smartphone:

[https://nh-dhhs.zoom.us/j/2680146033?](https://nh-dhhs.zoom.us/j/2680146033?pwd=UmxiaXl6VWswclFkcDR0aUZyUkp4dz09)

[pwd=UmxiaXl6VWswclFkcDR0aUZyUkp4dz09](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 of Directors Meeting

Wednesday, 7/12, 3:30-4:30 PM

via computer:

<https://us02web.zoom.us/j/87115911999?pwd=M>

[GxxUUw5RG9jb0RpbUxrMGVqZXB6Zz09](https://us02web.zoom.us/j/87115911999?pwd=M)

Meeting ID: 871 1591 1999

Passcode: 684790

### via smartphone or Tablet:

+13126266799,,87115911999#,,,,\*684790#

US (Chicago)

+16465588656,,87115911999#,,,,\*684790#

US (New York)

### via Telephone:

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 871 1591 1999

Passcode: 684790

### NH Mental Health Peer Alliance

Tuesday, 7/18, 10 AM–12 PM

Via computer or smartphone:

[https://us02web.zoom.us/j/84071785517?](https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRyenBnWDcyOU40ck5hQlozZz09)

[pwd=Z2FrNnRyenBnWDcyOU40ck5hQlozZz09](https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRyenBnWDcyOU40ck5hQlozZz09)

Meeting ID: 840 7178 5517

Password: 269641

### Educational Event

Tuesday, 7/18, 1 PM

Our Board of Directors

with Lori B. Yanklowitz & Mark Nichols

Stepping Stone

### Educational Event

Wednesday, 7/19, 1 PM

Our Board of Directors

with Lori B. Yanklowitz & Mark Nichols

Next Step