

Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS– 9/4-6, 8

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– 9/4-6, 12

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.

“For fast-acting relief, try slowing down.”

-Lily Tomlin

-born September 1, 1939

The Giving Room



You may shop by appointment only and must be accompanied by staff on the following days:

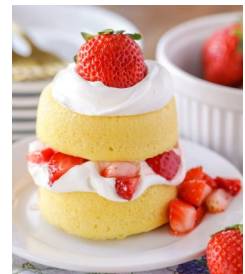
Next Step - All day Monday and Thursday.

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



Strawberry Shortcake

- 1 quart strawberries, sliced
- 1/4 c. sugar
- 10 ounces sponge cake dessert cups (12 dessert cups)
- Whipped cream to taste



Wash and dry the strawberries. Set aside 6 strawberries to use as toppers. Slice the remaining into halves or quarters. Place the sliced strawberries into a container, toss with sugar, and place a lid on top. Refrigerate for at least 15 minutes until the sugar has dissolved. Place 6 dessert cake cups onto a different serving plate. Add whipped cream to each sponge cake and top with the sliced strawberries. Add the second sponge cake and top off with more cream and a strawberry. Enjoy!

Hunger Action Day® is Friday, September 15th!

HUNGER ACTION MONTH



What Hunger Looks Like in New Hampshire

In New Hampshire, 93,940 people are facing hunger - and of them 21,670 are children.

1 in 15 people face hunger.



1 in 12 children face hunger.

People facing hunger in New Hampshire are estimated to report needing **\$61,604,000** more per year to meet their food needs.

The average cost of a meal in New Hampshire is \$3.71. Data from Feeding America's [Map the Meal](#)

Supplemental Nutrition Assistance Program (SNAP) in New Hampshire

Charitable programs are unable to fully support those facing hunger. The combination of charity and government assistance programs are necessary to help bridge the meal gap.

SNAP, formerly food stamps, provides temporary help for people going through hard times – providing supplemental money to buy food until they can get back on their feet.

In New Hampshire,

41.9% of households receiving SNAP benefits have **children**
\$92,889,191 distributed through
SNAP generated **\$157,911,625** in economic activity*.

*Economists estimate that every dollar a household redeems through SNAP generates about \$1.70 in economic activity.



To celebrate and bring awareness to the issue of hunger in our communities throughout September, buildings, landmarks and people across the country will go orange. Wear orange, turn your social media profile pictures orange, and encourage others to do the same!

Come to Stepping Stone or Next Step to pick up your orange bandana and wear it to show your support.

1 Feeding America Food Bank that serves New Hampshire

Feeding America food banks serve large areas and will be able to find a feeding program in your local community.



New Hampshire Food Bank

700 East Industrial Park Drive
Manchester, NH 03109
603.669.9725

www.nhfoodbank.org

***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.*

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.



2023 NH Peer Support Services Survey

OPEN UNTIL 10/2/23

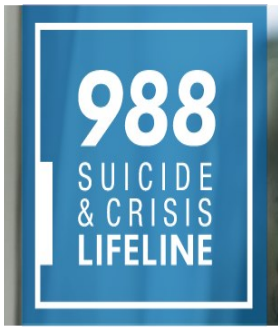


Stepping Stone and Next Step are asking for your feedback. Your input will show how peer support in NH works well and where we need improvement.

You can fill it out using our computers at either Center, online on a different computer, or on your phone or tablet by scanning the code to the left. You may also come in to either Center and fill out a paper copy. Instructions are posted at both Centers.

<https://www.surveymonkey.com/r/PSAmembersurvey2023>

THANK YOU for sharing your thoughts.



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.



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

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.



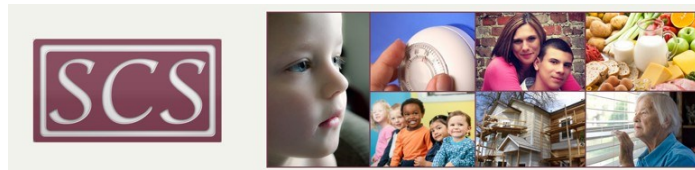
Mon-Thu 8:30am-6pm
Fri 8:30am-4pm
Food Shelf opens at 9 am

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

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.

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, 9/11, 10-11 AM
Stepping Stone

Board of Directors Meeting

Wednesday, 9/13, 3:30-4:30 PM

via computer:

[https://us02web.zoom.us/j/87115911999?pwd=M
GxxUUw5RG9jb0RpbUxrMGVqZXB6Zz09](https://us02web.zoom.us/j/87115911999?pwd=MGxxUUw5RG9jb0RpbUxrMGVqZXB6Zz09)

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, 9/19, 10 AM–12 PM

Via computer or smartphone:

[https://us02web.zoom.us/j/84071785517?
pwd=Z2FrNnRybnBnWDcyQU40ck5hQlozZz09](https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRybnBnWDcyQU40ck5hQlozZz09)

Meeting ID: 840 7178 5517

Password: 269641

Educational Event

Tuesday, 9/19, 1 PM

First-Aid

with Martha Hewitt

Stepping Stone

Educational Event

Wednesday, 9/20, 1 PM

First-Aid

with Martha Hewitt

Next Step

Hello,
September!