



## Group Schedule via zoom:



9-10 AM Nutrition NO GROUPS– 10/9, 20

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– 10/9, 10, 24

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 #



Pets supporting  
Hunger Action Day  
by wearing orange!

“When you’re in a situation, you can complain about it, you can feel sorry for yourself, you can do a lot of things. But how are you gonna make the situation better?”

-Tony Dungy

-born October 6, 1955

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.



Yum!

*Chef*

## Creamy Dumkin Tortellini

- 2 packages (9 ounces each) refrigerated cheese tortellini
- 1 cup half-and-half cream
- 1 tablespoon butter
- 1/4 cup grated Parmesan cheese
- 3 tablespoons finely chopped onion
- Salt and pepper to taste
- 1 cup canned pumpkin
- 1 tablespoon minced fresh parsley
- Pinch ground nutmeg
- Additional grated or shredded Parmesan, optional

Cook tortellini according to package directions; drain, reserving 1/2 cup cooking liquid. Meanwhile, in a large skillet, heat butter over medium heat. Add onion; cook and stir for 1-2 minutes or until tender. Add pumpkin and nutmeg; cook and stir for 1 minute. Stir in cream; bring to a boil. Reduce heat to medium-low; simmer, uncovered, 4-5 minutes or until thickened, stirring occasionally. Remove from heat; stir in cheese, salt and pepper. Add tortellini; toss with sauce, adding enough reserved pasta water to coat pasta. Sprinkle with parsley and, if desired, additional cheese.



**namiWalks**  
*New Hampshire*  
**SUNDAY**  
**Oct. 1, 2023**  
**Soccer Fields on S. Fruit Street, Concord, NH**

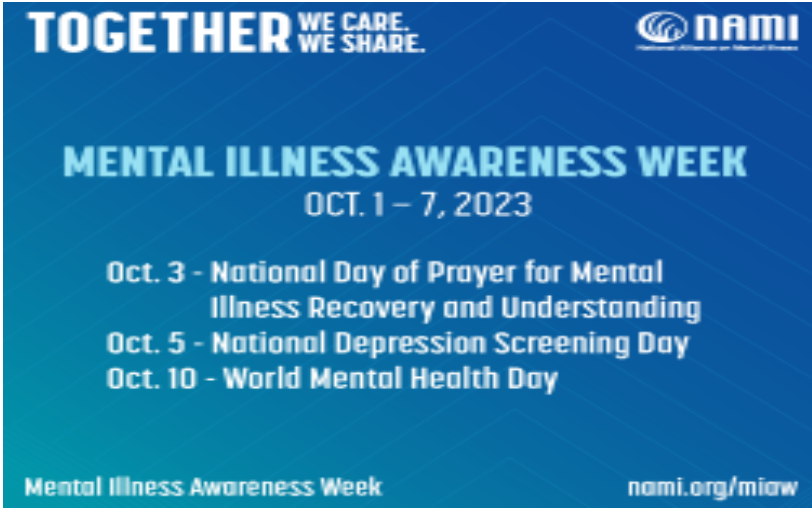
#Together4MH


#StigmaFreeInThe603

Lace up your shoes and join us as we step into NAMIWalks New Hampshire 2023. It's a new day for mental health and we will embrace it together on October 1st. We will cheer each other on while raising our voices to be heard. If you are interested, Contact information to sign up to register is to the right.

**NAMI New Hampshire**

Brittany Porter,  
 Walk Manager  
 603-225-5359 x349  
[bporter@naminh.org](mailto:bporter@naminh.org)



**TOGETHER** WE CARE. WE SHARE. 

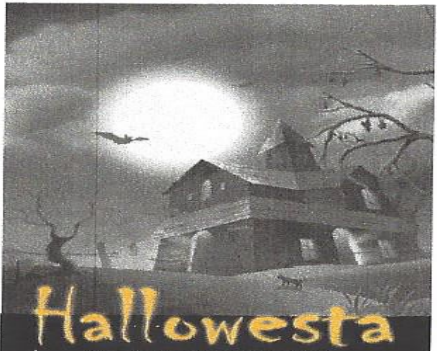
**MENTAL ILLNESS AWARENESS WEEK**  
 OCT. 1 – 7, 2023

Oct. 3 - National Day of Prayer for Mental Illness Recovery and Understanding  
 Oct. 5 - National Depression Screening Day  
 Oct. 10 - World Mental Health Day

Mental Illness Awareness Week [nami.org/miaw](http://nami.org/miaw)



We are glad to say Stepping Stone will be participating in Claremont Parks & Rec Department's annual Hallowesta event by handing out candy to trick-or-treaters on 10/31, from 3:30 to 5 PM.



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.

**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

R.FOWLER@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.



On the 3rd Friday of every month at Stepping Stone, we have a cake to celebrate all the birthdays in the month.

Please join us for cake and celebration.

### 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.





**FREE flu clinics**  
**-walk-in only**  
**-no registrations**



**Saturday, October 7th**  
10am to 1pm  
Plainfield Elementary School  
(92 Bonner Rd, Meriden, NH)

**Saturday, October 21st**  
10am to 1pm  
Orford Congregational Church  
(617 NH Route 10, Orford, NH)

**Wednesday, October 11th**  
4pm to 7pm  
Oxbow High School  
(36 Oxbow Dr, Bradford, VT)

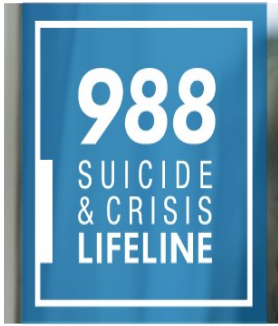
**Friday, October 27th**  
4pm to 7pm  
Mascoma Community Health Ctr  
(18 Roberts Rd, Canaan, NH)

**Thursday, October 12th**  
4pm to 7pm  
Enfield Community Building  
(308 US Route 4, Enfield, NH)

**Saturday, October 28th**  
10am to 1pm  
Windsor Welcome Ctr  
(3 Railroad Avenue, Windsor, VT)

**Vaccination Clinic Guidance**

- Offering regular dose vaccine and enhanced vaccine for people 65+.
- Please practice social distancing for all clinics.
- Everyone will be encouraged to wear a mask. A mask can be provided for you if you do not have one.
- Please do not come if you are experiencing symptoms of COVID-19.
- Please arrive no more than 15 minutes prior to the start of the clinic.



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](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.



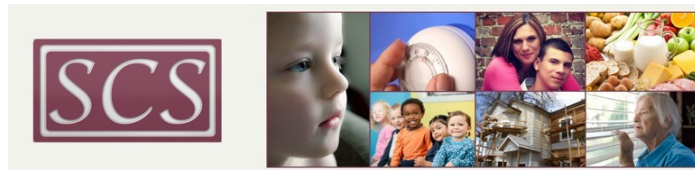
Mon-Thu 8:30am-6pm  
Fri 8:30am-4pm  
Food Shelf opens at 9 am

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

## 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

### NH Behavioral Health Planning & Advisory Council

Tuesday, 10/10, 9:30 AM-12 PM

Via computer or smartphone:

[https://nh-dhhs.zoom.us/j/2680146033?  
pwd=UmxiaXl6VWswcIFkcDR0aUZyUkp4dz09](https://nh-dhhs.zoom.us/j/2680146033?pwd=UmxiaXl6VWswcIFkcDR0aUZyUkp4dz09)

You can also dial in using your phone.

United States: +1 (312) 626 6799

Meeting ID: 268 014 6033

Password: 691279

### Newsletter Workgroup

Tuesday, 10/10, 2-3 PM

Stepping Stone

### NH Mental Health Peer Alliance

Tuesday, 10/17, 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, 10/24, 11 AM

Vision Boards  
with Mark Nichols  
Stepping Stone

### Educational Event

Wednesday, 10/25, 11 AM

Vision Boards  
with Mark Nichols  
Next Step

