

Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS– 12/18, 22, 25

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– 12/12, 22, 25

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 #



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.

“The more you like yourself, the less you are like anyone else, which makes you unique.”

-Walt Disney

-born December 15, 1901

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.



Yummy Potato Soup



- 6 slices thin bacon, cut into 1-inch pieces
- 1 whole medium onion, diced
- 3 whole carrots, scrubbed clean and diced
- 3 stalks celery, diced
- 6 whole small russet potatoes, peeled and diced
- Salt & pepper to taste
- 1/2 tsp. Cajun spice mix
- 8 c. low sodium chicken or vegetable broth
- 3 tbsp. all-purpose flour
- 1 c. milk
- 1/2 c. heavy cream
- 1 tsp. minced fresh parsley
- 1 c. grated cheese of your choice

To a soup pot over medium heat, add the bacon pieces and cook until crisp and the fat is rendered. Remove the bacon from the pot and set it aside. Pour off most of the grease, but do not clean the pot. Return the pot to medium-high heat and add the onion, carrot, and celery. Stir and cook for 2 minutes or so, then add the diced potatoes. Cook for 5 minutes, seasoning with salt, pepper, and Cajun spice. Pour in the broth and bring it to a gentle boil. Cook for 10 minutes, or until the potatoes start to get tender. Whisk together the flour and the milk, then pour it into the soup and allow the soup to cook for another 5 minutes. Let it heat back up as you taste for seasonings, adding more of what it needs. Stir in the cream and parsley, reserving a little for garnish. Serve in bowls with parsley, cheese, and crisp bacon pieces.

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.



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.



Dartmouth
Health



Coordinated Specialty Care

An evidence-based, early intervention program serving young adults who are experiencing a first episode of psychosis.

Coordinated Specialty Care is a recovery-oriented treatment program which promotes shared decision making and uses a team of specialists who works with clients to create a personal treatment plan. The specialists provide services to clients with first episode psychosis by offering:

Medication Management

Psychotherapy

Supported Employment and Education

Family Education and Support

The Coordinated Specialty Care program at West Central Behavioral Health is a collaboration with a team at Dartmouth Health. The program uses a combination of in person visits and telehealth to deliver treatment.

Enrollment for this program is open for individuals 18 years and older, living in Southern Grafton and Sullivan County.

For more information about Coordinated Specialty Care, please contact:

**West Central Behavioral Health
New Clients/Intake Line 603-542-5128**

In New Hampshire we make connections, not judgments.
Reach out.

In need of mental health or substance use support? Call, text or share this card with a friend in need.



dhhs.nh.gov/strongasgranite

833-710-6477

NH Rapid Response

988

Suicide & Crisis Lifeline

211

Your Local Doorway for Substance Use Resources

24/7. Confidential, no cost to you.



62 Pleasant St.
Claremont, NH 03743
603-287-7127

24 Hanover St.
Lebanon, NH 03766
603-790-3779

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.

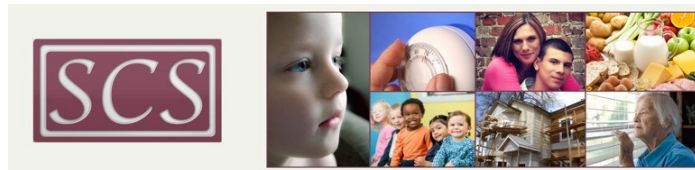
Southwestern Community Services

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, 12/11, 10-11 AM

Stepping Stone

Educational Event

Tuesday, 12/12, 1 PM

CCBHC & Coordinated Specialty Care

with Ebony Martin & Michelle Wagner

Stepping Stone

NH Mental Health Peer Alliance

Tuesday, 12/19, 10 AM–12 PM

Via computer or smartphone:

<https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRyenBnWDcyQU40ck5hQlozZz09>

Meeting ID: 840 7178 5517

Password: 269641

Educational Event

Wednesday, 12/20, 1 PM

CCBHC & Coordinated Specialty Care

with Ebony Martin & Michelle Wagner

Next Step

NH Mental Health Planning & Advisory Council

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

