STEPPING STONE & NEXT STEP Peer Support Centers MARCH 2024

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



Spring is here, let it come

Bright and vibrant, for everyone.

Let our minds be open, stretch ourselves out

Take a minute to look around you, and have no doubt.

Today is a new day to see something blossom

Spring is here, let it come.

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



<u>Next Step</u> 3/8, Open 11 AM-7 PM

Stepping Stone 3/8, Open 11-4 PM

Stepping Stone NEW hours effective 3/1!!

Monday: 8 AM-6:30 PM Tuesday: 8 AM-4:30 PM Wednesday: 8 AM-4:30 PM Thursday: 8 AM-4:30 PM Friday: 8 AM-4 PM



Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS- 3/8

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- 3/12

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 #



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

On the <u>2nd Wednesday</u> of every month, Next Step will have cake to celebrate all the birthdays in the month.

Please join us for cake and celebration.

Warming Shelter

- Trinity Church at 120 Broad Street, Claremont.
- Use the side door.
- Open on nights below 28° through 3/15/2024, or if there is bad weather. The best place to get the latest update is to go to https://www.facebook.com/babystepsfamilyassistance/

Quote of the Month

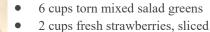
"Follow your instincts and do not let other people's opinion of you become you opinion of yourself."

> -Sarah Jessica Parker -born March 25, 1965



Please show your **PPPP** by purchasing a \$2.50 Community Bag from Hannaford, 220 Washington St , in Claremont. Stepping Stone receives \$1 for every bag purchased in the month of March.

Strawberry Feta Tossed Salad

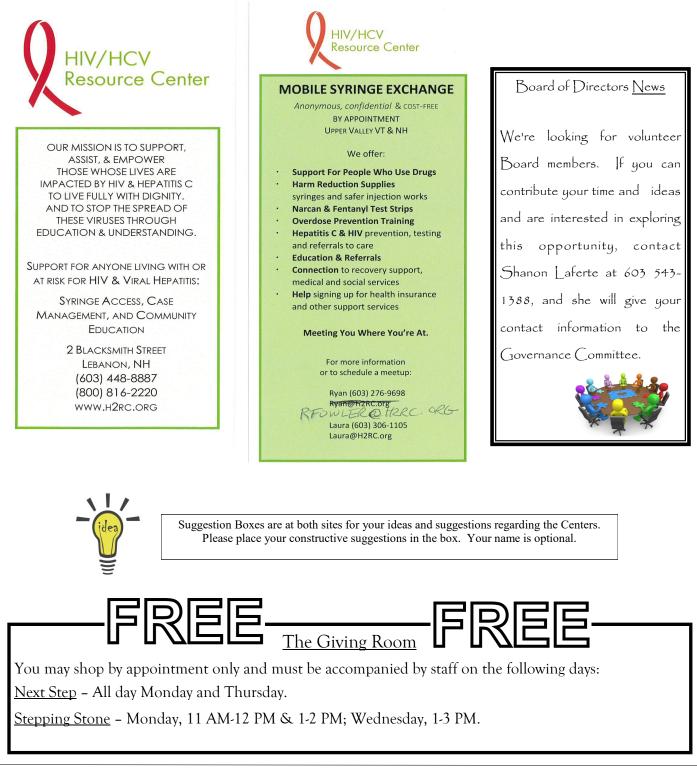


- 2 cups fresh strawberries, sliced
 1 package (4 ounces) crumbled feta cheese
 - 1/4 cup sunflower kernels
 - Balsamic vinaigrette

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.







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





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: Monday 8 AM-6:30 PM

Tuesday 8 AM-4:30 PM Wednesday 8 AM-4:30 PM Thursday 8 AM-4:30 PM Friday 8 AM-4 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@heartspsa.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

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

Upcoming Events & Meeting

<u>Community Meetings</u> Stepping Stone, Tuesday, 1-2 PM Next Step, Wednesday, 1-2 PM

> Newsletter Workgroup Monday, 3/11, 10-11 AM Stepping Stone

Board of Directors Meeting

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

via computer:

https://us02web.zoom.us/j/87115911999?pwd=M GxxUUw5RG9jb0RpbUxrMGVqZXB6Zz09 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

<u>NH Mental Health Peer Alliance</u> Tuesday, 3/19, 10 AM—12 PM Via computer or smartphone: <u>https://us02web.zoom.us/j/84071785517?</u> pwd=Z2FrNnRyenBnWDcyQU40ck5hQlozZz09

> Meeting ID: 840 7178 5517 Password: 269641

Educational Event

Tuesday, 3/26, 1-2 PM HIV/HCV With Laura Byrne Stepping Stone

Educational Event

Wednesday, 3/27, 1-2 PM HIV/HCV With Laura Byrne Next Step

<u>NH Mental Health Planning &</u> <u>Advisory Council</u> Meets quarterly in January, April, July, and October.