



# Community Meal Menus

## Stepping Stone

- 3/6 English muffin pizza  
Salad**
- 3/13 CLOSED**
- 3/20 Baked ravioli w/meat & cheese  
Garlic bread  
Salad**
- 3/27 Scallop potatoes/hotdogs w/veggies  
Salad**

## Next Step

- 3/7 Pea Soup  
Salad**
- 3/14 Meatloaf w/potatoes  
Salad**
- 3/21 Chop Suey  
Salad**
- 3/28 Veggie Dumplings w/white rice  
Salad**

## Recipe of the Month - Simple Salsa Chicken

- 2 boneless skinless chicken breast halves
- 1/3 cup salsa
- 2 TBSP taco sauce
- 1/3 cup shredded Mexican cheese blend
- Pinch of salt

Place chicken in a baking dish coated with cooking spray. Sprinkle with salt. Combine salsa and taco sauce; drizzle over chicken. Sprinkle with cheese. Cover and bake at 350° for 25-30 minutes or until the chicken juices run clear.



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.

## Giving Back

We believe it is important to give back to our communities. If you have an idea for community volunteering or donations, or if you volunteer and want to be recognized, please see Shanon or Mark. Here's what we're doing now:

Arbor View visit: In February, we put together homemade Valentine's Day cards and shared heart shaped chocolates. If you want to join us in March, please sign up at either site.

Aurora Bakery: A Member in Claremont volunteers her time baking and assembling baked goods.

Claremont Fire Department: A Member volunteers to help outside.

Claremont Soup Kitchen: A Member volunteers putting together food boxes.

Grafton County Senior Center: A Member in Lebanon volunteers at the front desk and waitresses when needed. She also puts together meals for Meals on Wheels.

Meals on Wheels: A Member in Lebanon volunteers to deliver meals.

Sullivan County Health Care: Two Members go there periodically and do a sing-along with nursing home residents.

Valley Regional Hospital: A Member Volunteers to answers phones and direct people to where they need to go.



## Ice Cream Social

Stepping Stone and Next Step will be gathering together to enjoy a sweet treat on Thursday, 3/22/18, at Next Step.

Sign up for transportation from Stepping Stone.



### Peer Respite in New Hampshire

The Stepping Stone Drop-In Center Assn.  
108 Pleasant Street  
Claremont, NH 03743  
Telephone: (603) 543-1388

The Alternative Life Center (ALC)  
6 Main Street, PO Box 241  
Conway, NH 03818-0214  
Telephone: (603) 447-1765

HEARTS Peer Support Center of Greater Nashua  
5 Pine Street Extension Suite 1-G  
PO Box 1564  
Nashua NH 03060  
Telephone: (603) 864-8769

Monadnock Area Peer Support Agency  
64 Beaver Street  
Keene, NH 03431  
Telephone: (603) 352-5093

### Group Changes:

At Community Meeting in February, we voted on a new group at Stepping Stone:

### Music that soothes the soul

On Monday, at 1:30 PM, please come join our new group and share yourself through music. How does music make you feel? Want to learn how to use music as a wellness tool?

This group replaces the  
News & stories that inspire group.

### Time change:

Continuous Growth from 12 PM to 12:30 PM. Please look at calendar for more details.



### Consumer Council call-in option...

Consumer Council wants to increase attendance by having conference calls with the Peer Support Centers throughout NH. If you would like to listen in or have things to share, here is some information:

- The number to call in for the Consumer Council meeting is 1-888-245-8770.
- You will be asked to key in your "Guest Room Number" which is 480682.

### The Giving Room

Come browse items donated by Members which can be taken free of charge by other Members. Details are available at both Centers.

Please contact Shanon or Amber before you drop off donations.

## Board of Directors News

We're looking for talented and thoughtful volunteer Board members. If you can contribute your time and ideas and are interested in exploring this opportunity, contact Shanon Pyatt at 603 543-1388, and she will put you in contact with the Board member in charge of Board Recruitment.



### Claremont

169 Main Street  
Claremont NH 08743  
Tel. (603) 287-7919

### Newport

65 Park Street Unit 2  
Newport NH 03773  
(603) 865-5374

Our Recovery Centers are safe places where recovery development occurs and where individuals will be matched with people offering recovery support services. Our centers are a place where you will be heard; a venue for healthy, drug and alcohol free socialization; and family supports for all stages of recovery. We respect all pathways to addiction recovery and will help individuals and their families with access to supports that work for them. <http://www.hopefornhrecovery.org/our-centers>.

#### **Do You Or Someone You Know Struggle With Addiction or Substance Use?**

*Have questions about what to do next?*

**Your Recovery Is Our Priority!**  
Call the NH Statewide Addiction Crisis Line

**1-844-711-HELP**  
hope@keystonehall.org

*Confidential*

*Judgment-free*

*24 Hours a day*

*7 Days a week*

## Upcoming Events & Meeting

### Community Meetings

Stepping Stone, Tuesday, 1-2 PM  
Next Step, Wednesday, 1-2 PM

### Newsletter Workgroup

Monday, 3/12, 9:30—11:30 AM  
Stepping Stone  
Sign up for transportation  
from Next Step.

### Arbor View Connection

Monday, 3/19, 1 PM  
Sign up for transportation  
from either site.

### Consumer Council Meeting

Tuesday, 3/20, 10 AM—1 PM,  
BMHS, Concord.  
Sign up for transportation at either site.  
See page 3 for call-in option.

### Educational Event

Intentional Peer Support-Worldview  
with Chris Manns  
Wednesday, 3/21, 1 PM  
Next Step

### Ice Cream Social

Thursday, 3/22, 12-2 PM  
Next Step  
Please sign up for transportation  
from Stepping Stone.

### Educational Event

Intentional Peer Support-Worldview  
with Bonnie SD & Susan Seidler  
Friday, 3/23, 1 PM  
Stepping Stone

### NH Mental Health Planning & Advisory Council

Meets quarterly in January, April,  
July, and October.  
Please see information posted  
at both sites.



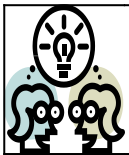
Stepping Stone and Next Step Peer Support and Respite Centers is a private, not-for-profit agency dedicated to promoting emotional wellness and recovery. We provide consumer-run services designed and driven by people with lived experience to best meet their own needs. We are committed to the creation of a safe, supportive, and educational environment for people with mental health challenges. Members apply real life experiences to help themselves and their peers attain wellness while casting off the victim identity and replacing it with personhood. We are funded primarily by the NH Department of Health and Human Services, Bureau of Mental Health Services (BMHS). Our supports are free to NH residents.

“We shouldn’t dwell on what is “perfect”, we should celebrate our uniqueness.

-Eva de la Caridad Mendez  
-born March 5, 1974

Check out our website:

[www.steppingstonenextstep.org](http://www.steppingstonenextstep.org)



Suggestion Boxes are at both sites for your ideas and suggestions regarding the centers. If you have an idea for Member fundraising, please put it in the box. Please place your constructive suggestions in the box. Your name is optional.

## How to Reach Us

### Stepping Stone

**Phone:** 543-1388  
**Fax:** 543-0131  
**Center hours:**  
Sunday 11AM–3PM  
Monday–Thursday 9AM–4PM  
Friday Noon–7PM  
Saturday 11AM–4PM

### Next Step

**Phone:** 448-6941  
**Fax:** 448-0702  
**Center hours:**  
Monday–Thursday 9AM–5PM  
Friday 11AM–6PM  
Saturday 11AM–4PM

### Peer Respite

Our program is free to NH residents who meet the guidelines of being at risk for using mental health services, are already using mental health services, or are referred by other services. Call 543-1388 for more information.

### Peer Support Warmline

Our Warmline is available 5–10PM, seven days a week. To access our Warmline, call 543-1388. If calling long distance within NH, call toll free at 1-888-582-0920.



### WE’VE GONE DIGITAL!!

In an effort to reduce costs, we need to reduce the number of Newsletters we send in the US mail. Please consider accessing your Newsletter via email or our website. Also, we are unable to send individual Newsletters to Vermont.

Contact Shanon at [shanon.pyatt@steppingstonenextstep.org](mailto:shanon.pyatt@steppingstonenextstep.org) to indicate your preference.

Editor: Shanon L. Pyatt