

Group Schedule via zoom:

9-10 AM Community & Personal Healing NO GROUP 11/6, 9, 11, 16-19, 26-27

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 GROUP 11/9, 11, 16-19, 26-27

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 #

3-4 PM WRAP NO GROUP 11/9, 11, 18, 26-27

Computer: Go to <https://zoom.us/j/477821098>

Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 477821098

Phone: Call 1-646-558-8656, enter Meeting ID 477821098#, for password press #

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 give your contact information to the Board member who manages Board Recruitment.

WISH LIST

all holiday DVDs

patio table

digital camera

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- Members who donate to The Giving Room.
- Members for helping with the Newsletter.

If you know of a donation we haven't recognized, please see Shanon.

You

Recipe of the Month – Mac & Cheese

- 5 cups milk
- 1 lb elbow macaroni, dry
- 2 cups shredded cheddar cheese

In a large pot, bring the milk to a boil. Add the pasta and stir constantly until the pasta is cooked, about 10 minutes. Turn off the heat, then add the cheddar. Stir until the cheese is melted and the pasta is evenly coated. Enjoy!

ELECTION DAY is Tuesday, November 3rd!



Important Dates for November's General Election

~Reprinted from DRCNH.org

Voter Registration Deadlines: Pre-registration should be done by October 21st but don't worry if you miss the pre-registration deadline, you can still register to vote on election day (November 3) at your polling place

Mail-in Ballots:

Request a ballot through your town hall by November 2nd

- If mailed, your completed ballot must be received by 5:00 pm on November 3rd
- If returned in-person, your completed ballot must be received by 5:00 pm on November 2nd

Voting During COVID-19 State of Emergency

~Reprinted from SOS.NH.gov/elections

Contact the Secretary of State's Office by Phone: 603-271-3242; Fax: 603-271-6316; Email: elections@sos.nh.gov

Visit [SOS.NH.gov/elections](https://sos.nh.gov/elections) for information on:

COVID-19 2020 New Hampshire Election Information Mailer

COVID-19 How to Request Absentee Voter Registration and Absentee Ballots Packets

COVID-19 Absentee Voter Registration Instructions

COVID-19 Absentee Ballot Instructions

Absentee Ballot Application








































































Absentee Voter Registration Affidavit "Disability and COVID"

Absentee Voter Registration Affidavit to be used for "Temporary Absence"

Joint Guidance on Voter Registration June 2020

Voting by Absentee Ballot During the State of Emergency Related to COVID-19

Contacting your City or Town Clerk



Quality Assurance Review—November 18, 2020

Every two years a team from NH's Department of Health and Human Services conducts a review of compliance with our contract.

One component of the review is an interview with Members. To participate in this very important aspect of our review, you must pre-register with Shanon Pyatt at 543-1388. Space is limited to 10 Members, first-come, first-served.



2020 PSA Outcomes Survey
is available through 12/31/20



There are 3 options for you to complete the survey:

1. Via computer: <https://www.surveymonkey.com/r/RJSMNYP>
2. Complete a paper version at Stepping Stone or Next Step and staff will enter your answers online.

Your voice is important. Please complete a survey. Call Shanon at 543-1388 if you have questions.



Location

1 Pleasant St., Suites 104 and 105
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. The Center is a communal space for individuals and families seeking support for substance misuse and addiction-related issues. 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.



Upper Valley Haven

Mon-Thu 8:30am-6pm

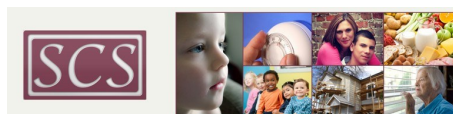
Fri 8:30am-4pm

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

**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, 11/2, 10-11 AM
Stepping Stone

NH Mental Health Peer Alliance

Tuesday, 11/17, 10 AM—12 PM

Via computer or smartphone:

<https://global.gotomeeting.com/join/160387205>

You can also dial in using your phone.

United States: +1 (571) 317-3122

Access Code: 160-387-205

Board of Directors Meeting

Wednesday, 11/18, 3:30-4:30 PM

via computer:

<https://us02web.zoom.us/j/85276111810?pwd=SVZ4T1AxK2R3cWRhTW1oZFprNXJsUT09>

T1AxK2R3cWRhTW1oZFprNXJsUT09

Meeting ID: 852 7611 1810

Passcode: 322162

via Smartphone or Tablet:

+16465588656,,85276111810#,,,,,0#,,322162# US
(New York)

via Telephone: +1 646 558 8656 US (New York)

Meeting ID: 852 7611 1810

Passcode: 322162

Educational Event—TBD

Anger Management

with Raymond Yanklowitz, MLADC

Stepping Stone

Educational Event—TBD

Anger Management

with Raymond Yanklowitz, MLADC

Next Step

NH Mental Health Planning & Advisory Council

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

Please see information posted
at both sites.

Mission Statement: To support our mental health peers on their personal paths towards wellness within a community free from judgment where we share feelings, experiences, and tools in a respectful way.

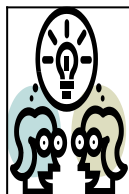
-Adopted 3/13/19

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.

“People—Whatever their race, religion, sexual preference—deserve to be treated as a human being.”

-Demi Moore

-born November 11, 1962



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.

Peer Respite in New Hampshire

Accepting guests:

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

Not accepting guests:

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

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

How to Reach Us

Stepping Stone

Phone: 543-1388

Fax: 543-0131

Center hours:

Sunday 11 AM–3 PM

Monday–Thursday 9 AM–4 PM

Friday Noon–7 PM

Saturday 11 AM–4 PM

Next Step

Phone: 448-6941

Fax: 448-0702

Center hours:

Monday–Thursday 9 AM–5 PM

Friday 11 AM–6 PM

Saturday 11 AM–4 PM

Peer Respite

(closed temporarily):

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 4–9 PM, seven days a week. To reach our Warmline, call 543-1388. If calling long distance within NH, call toll free at 1-888-582-0920.



Editor: Shanon L. Pyatt