

Group Schedule via zoom:

9-10 AM Nutrition NO GROUP 3/12

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

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 #

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 - Hot Reuben Dip

- 1 (8-oz.) block cream cheese, softened
- 1/2 c. Russian (or Thousand Island) dressing
- 1 1/4 c. shredded Swiss cheese, divided
- 1 c. chopped corned beef, divided
- 1 c. sauerkraut, drained
- Freshly ground black pepper
- Bagel chips or raw veggies, for serving

Preheat oven to 350°F. In a medium bowl, stir together cream cheese and Russian dressing until combined, then fold in 1 cup of Swiss, almost all the corned beef, and sauerkraut. Season with pepper. Transfer dip to a small baking dish and top with remaining 1/4 cup Swiss and corned beef. Bake until golden and bubbly, 18 to 20 minutes. Serve with bagel chips or veggies.



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

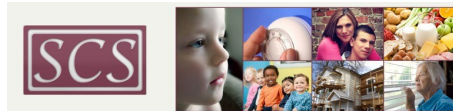
Fri 8:30am-4pm

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, 3/8, 10-11 AM
Stepping Stone

Board Meeting

Wednesday, 3/10, 3:30-4:30 PM
via computer:

<https://us02web.zoom.us/j/82539447233?pwd=V0dUYlphN3Rrd2NjZFlwL1BvU2wwdz09>

Meeting ID: 825 3944 7233

Passcode: 759720

via smartphone or Tablet:

+16465588656,,82539447233#,,, *759720# US
(New York)

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

Meeting ID: 825 3944 7233

Passcode: 759720

NH Mental Health Peer Alliance

Tuesday, 3/16, 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

Educational Event

Tuesday, 3/16, 1 PM

First Aid with Martha Hewitt
Stepping Stone

Educational Event

Wednesday, 3/17, 1 PM

First Aid with Martha Hewitt
Next Step

NH Mental Health Planning & Advisory Council

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

Please see information posted



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

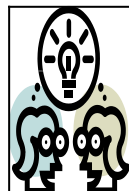
Our programs are funded in part by a SAMHSA Block Grant and the NH Department of Health and Human Services. Our supports are free to NH residents.

“Together, all things are possible.”



-Cesar Chavez

-born March 31, 1927



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.

How to Reach Us

Stepping Stone

Phone: 543-1388

Fax: 543-0131

Center hours:

Sunday 11 AM–2:30 PM

Monday–Thursday 9 AM–3:30 PM

Friday Noon–6:30 PM

Saturday 11 AM–3:30 PM

Next Step

Phone: 448-6941

Fax: 448-0702

Center hours:

Monday 9 AM–4:30 PM

Tuesday 9 AM–4 PM

Wednesday 9 AM–4:30 PM

Thursday 9 AM–4:30 PM

Friday 11 AM–5 PM

Saturday 11 AM–3:30 PM

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 Sunday, Monday, Wednesday, 4–9 PM; Tuesday, Thursday, Friday, Saturday 4–8PM. To reach our Warmline, call 543-1388. If calling long distance within NH, call toll free at 1-888-582-0920.

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

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

Accepting guests beginning 3/15:

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

Spring



Editor: Shanon L. Pyatt