



STEPPING STONE & NEXT STEP

PEER SUPPORT CENTERS

DECEMBER 2022



Stepping Stone
108 Pleasant Street
Claremont, NH 03743
603-543-1388

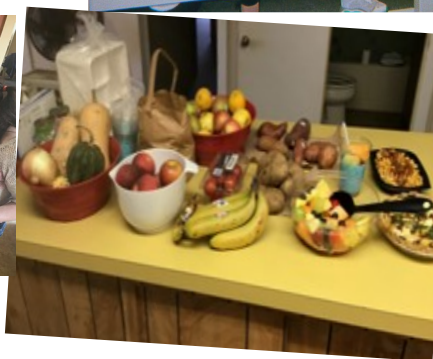
Next Step
109 Bank Street
Lebanon, NH 03766
603-448-6941

www.steppingstonenextstep.org



Members Spotlight *-a place for your thoughts on peer support to take center stage*

Members pitching in with Willing Hands! Thank you to all who help!



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

Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS— 12/14, 16, 26

Computer: Go to <https://zoom.us/j/641939622>

Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 641939622

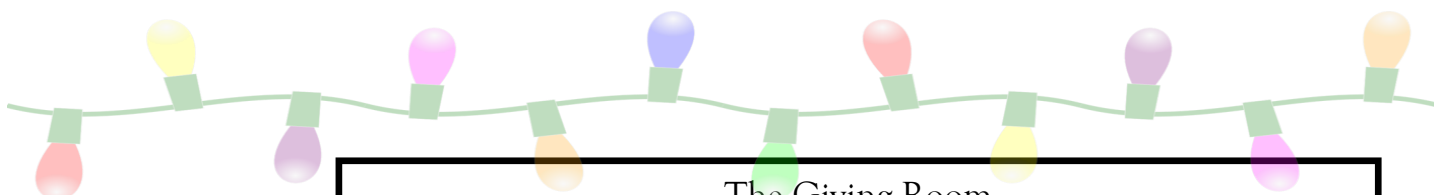
Phone: Call 1-646-558-8656, enter Meeting ID 641939622#, for password press #

11 AM-Noon Check-in NO GROUPS— 12/26

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 #



**100%
FREE**

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 (see Amber).

Stepping Stone – Monday, 11AM-12PM & 1-2PM (see Kim); Wednesday, 1-3PM (see Theresa); Saturday, 11:30AM-12:30PM (see Kim).



Changes to December schedule

Next Step—12/15, open 9AM-1:30PM; 12/16, open 11AM-3PM; 12/26, Closed.

Stepping Stone— 12/15, open 9AM-1:30PM; 12/16, open 11AM-4PM.



Community Eats at Stepping Stone

On Tuesday, 12/13, we will be having A Holiday Eats. Come get together with good spirits and friendly conversations and have a bite to eat.

The same 6 feet social distancing guidelines apply.



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 Laferte at 603 543-1388, and she will give your contact information to the Board member who manages Board Recruitment.



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.



“The greatest thing we can do is to give each other a safe space to truly, truly be ourselves in the world.”

-Sara Bareilles

-born December 7, 1979

✂

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WISH LIST

patio table

digital camera

digital clock

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✂



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.



Secret Kiss Cookies

- 1 cups unsalted butter, room temperature
- 1/2 cup sugar
- 1 teaspoon vanilla
- 2 cups flour
- 1 cup finely chopped walnuts
- 36 kiss candies, unwrapped
- 1/2 cup confectioners' sugar

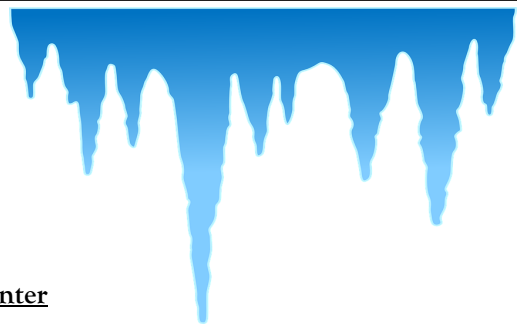
In a large bowl of a stand mixer (or using a hand mixer) combine butter, sugar and vanilla until light and fluffy, about 2 minutes. Add flour and walnuts. Stir until well blended. Cover dough and chill in the refrigerator for 2 hours. Preheat oven to 375° F degrees. Line a cookie sheet with parchment paper. Measure about 1 tablespoon of dough and shape it around one chocolate kiss and roll it to make a ball (cover chocolate completely). Place dough balls 2 inches apart on prepared baking sheet. Bake for 12 minutes or until cookies are set but not browned (the edges may be golden). Allow cookies to cool on the baking sheet for 5 minutes. While the cookies are still warm, roll them in confectioners' sugar. Set on a wire rack. Before serving, add more powdered sugar if desired.





Location

62 Pleasant St.
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

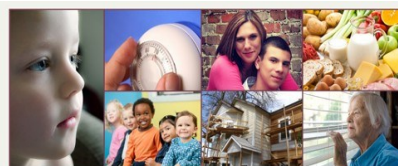


713 Hartford Ave, White River Junction, Vermont ∞ 802-295-6500 info@uppervalleyhaven.org

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 603 542.3160 for more information about the Emergency Shelter Program or Housing Stabilization Counseling.



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.

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 8 AM–3 PM

Tuesday 9 AM–5 PM

Wednesday 9 AM–5 PM

Thursday 8 AM–5 PM

Friday 9 AM–3 PM

Saturday 10:30 AM–4:30 PM



Peer Support Warmline

Our Warmline is available Sunday-Thursday, 4–9 PM; Friday, 4–8PM; Saturday, 4–9PM.

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
cheryl@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

Educational Event

Tuesday, 12/6, 1 PM

Members Rights
with Shanon Laferte
Stepping Stone

Educational Event

Wednesday, 12/7, 1 PM

Members Rights
with Susan Seidler
Next Step

Newsletter Workgroup

Monday, 12/12, 10–11 AM
Stepping Stone

NH Mental Health Peer Alliance

Tuesday, 12/20, 10AM–12PM

Via computer or smartphone:

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

Meeting ID: 840 7178 5517
Password: 269641

NH Mental Health Planning & Advisory Council

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

