

Group Schedule via zoom:

9-10 AM Nutrition NO GROUPS– 5/16, 24, 27, 31

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– 5/14, 16, 24, 27, 31

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

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

Please join us for cake and celebration.



Quote of the Month

“Be curious, not judgmental.”

-Walt Whitman

-born May 31, 1819



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.

Sausage Hash

- 1 pound pork sausage
- 1 medium onion, chopped
- 2 medium carrots, grated
- 1 medium green pepper, chopped
- 3 cups diced cooked potatoes
- Salt & Pepper to taste



In a large cast-iron or other heavy skillet, cook the sausage over medium heat until no longer pink; drain. Add the onion, carrots and green pepper; cook until tender. Stir in the potatoes, salt and pepper. Reduce heat; cook and stir until lightly browned and heated through, about 20 minutes.

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.



OUR MISSION IS TO SUPPORT, ASSIST, & EMPOWER THOSE WHOSE LIVES ARE IMPACTED BY HIV & HEPATITIS C TO LIVE FULLY WITH DIGNITY, AND TO STOP THE SPREAD OF THESE VIRUSES THROUGH EDUCATION & UNDERSTANDING.

SUPPORT FOR ANYONE LIVING WITH OR AT RISK FOR HIV & VIRAL HEPATITIS:

SYRINGE ACCESS, CASE MANAGEMENT, AND COMMUNITY EDUCATION

2 BLACKSMITH STREET
LEBANON, NH
(603) 448-8887
(800) 816-2220
WWW.H2RC.ORG



MOBILE SYRINGE EXCHANGE

Anonymous, confidential & COST-FREE
BY APPOINTMENT
UPPER VALLEY VT & NH

We offer:

- **Support For People Who Use Drugs**
- **Harm Reduction Supplies**
syringes and safer injection works
- **Narcan & Fentanyl Test Strips**
- **Overdose Prevention Training**
- **Hepatitis C & HIV** prevention, testing and referrals to care
- **Education & Referrals**
- **Connection** to recovery support, medical and social services
- **Help** signing up for health insurance and other support services

Meeting You Where You're At.

For more information or to schedule a meetup:

Ryan (603) 276-9698
Ryan@H2RC.org

RFOWLER@H2RC.ORG
Laura (603) 306-1105
Laura@H2RC.org

Board of Directors News

We're looking for 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 Governance Committee.



Free fishing day in NH is June 1st, 2024.



Free Fishing Day Rules:

- State residents and nonresidents alike can fish any inland water - or saltwater - in New Hampshire that day without a fishing license.

Note that season dates, bag limits and all other fishing regulations must be followed on Free Fishing Day.

FREE The Giving Room **FREE**

You may shop by appointment only and must be accompanied by staff on the following days:

Next Step - All day Monday and Thursday.

Stepping Stone - Monday, 11 AM-12 PM & 1-2 PM; Wednesday, 1-3 PM.

We have free COVID-19 tests for Members and small local non-profits. The number of tests we give out is based on the number in your household or service area. See Shanon at Stepping Stone and Susan at Next Step.



Trip & Event Planning

Brainstorming Meetings:

Tuesday, May 7, 2-3 PM, Stepping Stone

Wednesday, May 8, 2-3 PM, Next Step

Bring your ideas to share.

Meeting #2:

Tuesday, May 14, 2-3 PM, Stepping Stone

Wednesday, May 15, 2-3 PM, Next Step

Join us to review brainstorming ideas and create a ballot for July 2024-June 2025.

Voting:

The ballot will be available 5/26–6/8/2024.



Mini-Golf

Thursday, 5/23

1–3 PM, W Lebanon

Sign up for transportation from either site.

- We require a \$3.00 deposit when you sign up. If you go on the trip, you will get the \$3.00 back that day. If you do not cancel ahead of time and do not go on the trip, we will keep the deposit to put into the Members bank account. Please give your \$3.00 to Shanon. If she is not available, give your money to the staff person working that day. **If you do not pay your deposit, your name will come off the list.**
- Members bank account will pay \$8.00 per person for admission. Max of \$80.
- Stepping Stone will pay for gas.
- If you want to play other games or buy ice cream, please bring your own spending money. If you buy ice cream, you must eat it before you get in the van. You may not eat ice cream in the van.

In New Hampshire we make connections, not judgments.
Reach out.

In need of mental health or substance use support? Call, text or share this card with a friend in need.



dhhs.nh.gov/strongasgranite

833-710-6477

NH Rapid Response

988

Suicide & Crisis Lifeline

211

Your Local Doorway for Substance Use Resources

24/7. Confidential, no cost to you.



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.

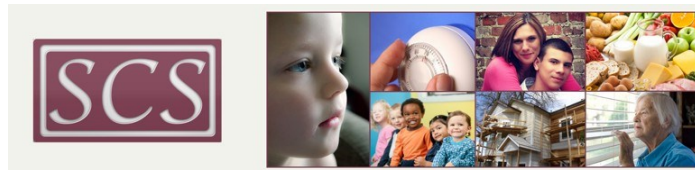
Southwestern Community Services

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

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

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@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

Board of Directors Meeting

Wednesday, 5/8, 3:30-4:30 PM

via computer:

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

[GxxUUw5RG9jb0RpbUxrMGVqZXB6Zz09](https://us02web.zoom.us/j/87115911999?pwd=M)

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

Newsletter Workgroup

Monday, 5/13, 10-11 AM

Stepping Stone

NH Mental Health Peer Alliance

Tuesday, 5/21, 10 AM–12 PM

Via computer or smartphone:

[https://us02web.zoom.us/j/84071785517?](https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRyenBnWDcyQU40ck5hQlozZz09)
[pwd=Z2FrNnRyenBnWDcyQU40ck5hQlozZz09](https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRyenBnWDcyQU40ck5hQlozZz09)

Meeting ID: 840 7178 5517

Password: 269641

Mini Golf-Fore-U

Thursday, 5/23, 1-3 PM, W Lebanon

Sign up for transportation

from either site.

Educational Event

Tuesday, 5/28, 1-2 PM

NH Employment Security

With Rose Brooke

Stepping Stone

Educational Event

Wednesday, 5/29, 1-2 PM

NH Employment Security

With Rose Brooke

Next Step