



# STEPPING STONE & NEXT STEP

## PEER SUPPORT CENTERS

### JULY 2024

*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

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

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**Stepping Stone is moving!**

After over 23 years at 108 Pleasant Street, we sold the building and are in the process of relocating to new leased space in Claremont.

We thank you for your patience while we wait for our new Claremont location to be move-in ready.

Our staff is answering and making calls during business hours, we have zoom groups weekdays at 9 and 11 AM, and our Warmline continues to operate every day beginning at 4 PM.

We also offer weekday transportation to Next Step. Please call 603-543-1388 to request a ride.

We hope to reopen at our new location on 7/10. Please call 603-543-1388 or check our website for updates.

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



## CHANGE to July's schedule

Next Step  
 7/26, Open 12-7 PM

Stepping Stone  
 7/1-3 & 5-9, Closed except for phone calls and zoom groups  
 7/4, Closed including phone and zoom  
 7/26, Open 11 AM–4 PM



“Rivers know this: there is no hurry. We shall get there some day.”

~ A.A. Milne (Winnie the Pooh)

## Boston Lot hike, lake & picnic

Tuesday, 7/23, 12-2 PM

Sign up at either center.

Sign-up Deadline:

Friday, 7/18/2024



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

“We cannot do everything at once, but we can do something at once.”

-Calvin Coolidge  
-born July 4, 1872



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.

### Cottage Cheese flatbread

- 1 cup cottage cheese
- 2 eggs
- 1 teaspoon salt
- 1/2 teaspoons oregano

Preheat oven to 350° and line a baking sheet with parchment paper and spray with cooking spray. Using a blender, add in 1 cup of cottage cheese, 2 eggs and seasonings. Blend until smooth. Pour the mixture onto the baking sheet and allow it to spread out. Bake in the oven for 40 minutes and then allow to fully cool. This is a crucial step that can't be skipped or your wrap will fall apart.

**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.

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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 and Xylazine 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

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 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 or Susan at Next Step.

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## Events and Trips—July 2024 through June 2025

July 2024: Boston Lot, W. Lebanon

August 2024: Lake Sunapee Beach swim & BBQ, Sunapee

September 2024: Hampton Beach Seafood Festival, Hampton

October 2024: Harvest Party, Stepping Stone or Next Step

November 2024: Thanksgiving Lunch/Dinner, Stepping Stone or Next Step

December 2024: Pizza Party-Homemade, Stepping Stone or Next Step

January 2025: Upper Valley humane Society, Enfield

February 2025: Entertainment Cinema movie, Lebanon

March 2025: Ice Cream social, Stepping Stone or Next Step

April 2025: Cooking Lesson, Stepping Stone or Next Step

May 2025: Lebanon Farmers Market & concert, Lebanon

Picnic at Moody park w/walking & hiking, Claremont

June 2025: Pillsbury State Park hike, Washington

Details for each event or trip will be on the sign-up sheets posted before each one.

In addition to scheduled trips and events, we are planning to visit other NH peer support centers throughout the year.

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](http://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](mailto: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](mailto: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.

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### 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

### Stepping Stone Newsletter Workgroup

Monday, 7/8, 10-11 AM

### Next Step Newsletter Workgroup

Monday, 7/8, 1:30-2:30 PM

### NH Behavioral Health Planning & Advisory Council

Tuesday, 7/9, 9:30 AM-12 PM

Sign up for transportation from either site.

Or Via computer or smartphone:

[https://nh-dhhs.zoom.us/j/2680146033?](https://nh-dhhs.zoom.us/j/2680146033?pwd=UmxiaXl6VWswclFkcDR0aUZyUkp4dz09)

[pwd=UmxiaXl6VWswclFkcDR0aUZyUkp4dz09](https://nh-dhhs.zoom.us/j/2680146033?pwd=UmxiaXl6VWswclFkcDR0aUZyUkp4dz09)

You can also dial in using your phone.

United States: +1 (312) 626 6799

Meeting ID: 268 014 6033

Password: 691279

### Board of Directors Meeting

Wednesday, 7/10, 3:30-4:30 PM

**via computer:**

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

### NH Mental Health Peer Alliance

Tuesday, 7/16, 10 AM–12 PM

Via computer or smartphone:

[https://us02web.zoom.us/j/84071785517?](https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRyenBnWDcyQU40ck5hOlozZz09)

[pwd=Z2FrNnRyenBnWDcyQU40ck5hOlozZz09](https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRyenBnWDcyQU40ck5hOlozZz09)

Meeting ID: 840 7178 5517

Password: 269641

### Educational Event

Monday, 7/22, 1-2 PM

Mobile Crisis Team with Angela Montano  
Stepping Stone

### Boston Lot hike, lake & picnic

Tuesday, 7/23, 12-2 PM, W. Lebanon

Sign up for transportation from either site.

### Educational Event

Wednesday, 7/24, 1-2 PM

Mobile Crisis Team with Angela Montano  
Next Step