



Hampton Beach Seafood Festival

Friday, 9/6, 12-5 PM

Sign up at either center, and pay your \$3 deposit.

Sign-up Deadline: Monday, 9/2/2024

Rain or Shine.



to September's schedule

Next Step

9/19, Open 9 AM-1 PM

9/20, Open 11 AM -7 PM

Stepping Stone

9/20, Open 12-4 PM



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

“Greatness is not in conquering others, but in conquering oneself.”

-Augustus

-born September 23, 63 BC

White Chicken Chili

- 6 cups chicken stock
- 3 to 4 cups of cooked shredded chicken
- 2 (15 oz) can beans of your choice, rinsed and drained
- 2 cups of salsa
- 2 teaspoons ground cumin



In a large stockpot, combine all ingredients. Cook on high heat until the soup reaches a simmer. Reduce heat to medium-low and continue to simmer for 5 minutes. Serve immediately, garnish with your favorite toppings.

What Hunger Looks Like in New Hampshire

1 in 10 people



face hunger.

1 Feeding America Food Bank that serves New Hampshire

Feeding America food banks serve large areas and will be able to find a feeding program in your local community.



New Hampshire Food Bank

700 East Industrial Park Drive
Manchester, NH 03109
603.669.9725

www.nhfoodbank.org

1 in 7
Children
face hunger.



Hunger Action Day® is Tuesday, September 10th!

We will hand out orange bracelets at both centers. If you want to support Hunger Action Day, please pick up and wear your bracelet.

For other ways you can get involved see NH Food Bank's calendar enclosed.

Reprinted from www.feedingamerica.org



Save the date:

Sunday, October 6th in Concord.

Questions? Contact their Walk Manager, Brittany Porter, at bporter@naminh.org

<https://www.naminh.org/nami-nh-events/namiwalks-nh/>

**We're
HIRING**

We have several Warmline shifts available

Hours: 4-9 PM

Locations: Stepping Stone, 132 Pleasant St, Claremont, or
Next Step, 109 Bank St, Lebanon

We are seeking individual(s) with lived experience to provide evening telephone peer support.

For a complete posting and job description visit Stepping Stone, Next Step, or www.steppingstonenextstep.org

Starting Monday, 9/23, we will have new hours at Stepping Stone:

Monday–Thursday: 8 AM–5 PM

Friday: 8 AM–4 PM

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 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.



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.

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.

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.



Upper Valley Haven

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

*See page 3 for new hours starting 9/23

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

Transportation Phone: 603 287-3231

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
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 & Meetings

Community Meetings

Stepping Stone, Tuesday, 1-2 PM

Next Step, Wednesday, 1-2 PM

Hampton Beach Seafood Festival

Friday, 9/6, 12–5 PM

Sign up for transportation from either site.

Newsletter Workgroup

Monday, 9/9, 10-11 AM

Stepping Stone

Monday, 9/9, 1:30-2:30 PM

Next Step

Board of Directors Meeting

Wednesday, 9/11, 4-5 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

Open House

Thursday, 9/19, 2-6 PM

Stepping Stone

NH Mental Health Peer Alliance

Tuesday, 9/17, 10 AM–12 PM

Via computer or smartphone:

[https://us02web.zoom.us/j/84071785517?](https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRybnBnWDcyQU40ck5hQlozZz09)

[pwd=Z2FrNnRybnBnWDcyQU40ck5hQlozZz09](https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRybnBnWDcyQU40ck5hQlozZz09)

Meeting ID: 840 7178 5517

Password: 269641

Educational Event

Tuesday, 9/24, 1-2 PM

Peer Support Specialist Overview

with Robert Laferte

Stepping Stone

Educational Event

Wednesday, 9/25, 1-2 PM

Peer Support Specialist Overview

with Megan Cross

Next Step

NH Behavioral Health Planning

& Advisory Council

Meets quarterly in January, April,

July, and October.

September is Hunger Action Month



30 Ways in 30 Days - September 2024!

Check out all the ways you can support NH Food Bank and help fight hunger this Hunger Action Month!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Share this calendar on your church, school or work bulletin board!	2 LABOR DAY Make a donation to NH Food Bank in someone's name.	3 Garden surplus? Donate it the NH Food Bank!	4 Did you know? NH Food Bank distributed more than 16 million pounds of food in 2023.	5 Collect change and donate to NH Food Bank at the end of the month!	6 Follow the NH Food Bank on social media!	7 Host a food drive and donate your collection at the end of the month!
8 Gear up! Plan your best orange outfit and accessories for Hunger Action Day!	9 WBS/HUB Harvest Golf Classic The tournament is recognizing its 15th year of supporting NH Food Bank.	10 HUNGER ACTION DAY! Go orange for the day and take action to help end hunger!	11 Remembering 9/11 Did you know? NH Food Bank is a Partner Food Bank of Feeding America, the largest hunger relief organization in the US.	12 Brew some good! Skip your morning coffee this month and donate what you would spend to NHFBI!	13 NHFBI's Mac Off Competition Sign a team up to compete!	14 Organize a dress down day with your employer where participants donate to NH Food Bank!
5 Visit our website & learn more about the NH Food Bank!	16 In one month, the NH Food Bank turns 40!	17 Host a peanut butter drive! Peanut butter is a great source of protein!	18 Check out our list of 'Most Needed Items' on our website!	19 Did you know? NH Food Bank is the only food bank in NH, serving 400+ partner agencies.	20 Double your impact! Check and see if your employer offers a matching program on our website!	21 Share NH Food Bank's weekly mobile food pantry posts on social media!
22 Volunteer with us! Check out our opportunities online!	23 Donate grocery store gift cards to NH Food Bank!	24 Did you know? The NH Food Bank operates in all 10 NH counties.	25 Check out our 'Food Map' to see which of our partner agencies are closest to you!	26 Sign up for our email list and stay in touch!	27 NHFBI's Mac Off Competition Sign a team up to compete!	28 Grab a few extra items the next time you're at the store and donate them to NH Food Bank!
29 Did you know? NH Food Bank provides a variety of programs aimed at fighting the root causes of hunger.	30 Check out our Local Events & Food Drive page for info on where you can support NH Food Bank!					

The fight against hunger doesn't end here!

Look ahead and see how you can help during the holidays.

For more details, visit: NHFOODBANK.ORG/HAM