



Homemade Pizza Party

Thursday, 12/19, 11 AM-1 PM

Stepping Stone



Sign up for transportation from Next Step.

Please sign up at Stepping Stone for an accurate food count.

Sign-up Deadline: Friday, 12/13/2024



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



“Offering a hand up is not a hand-out.”

-Clara Barton

-born December 25, 1821



Cabbage Parmesan

- 1/3 c. plus 2 tbsp. neutral oil, divided
- 1 large head green cabbage
- 2 tsp. kosher salt
- 4 cloves garlic, grated
- 1 Tbsp. chopped fresh basil, plus more for serving



- 1 c. marinara sauce
- 1/2 c. finely grated Pecorino Romano or Parmesan
- 8 (1/4"-thick) slices fresh mozzarella
- Extra-virgin olive oil, for drizzling

Preheat oven to 425° and line a baking sheet with foil. In a large skillet over medium-high heat, heat 1/3 cup neutral oil. Cut 2 ends off cabbage, then cut cabbage lengthwise into 4 (1"- to 1 1/2"-thick) slices. Carefully cut out core, making sure to keep layers intact, and arrange cabbage slices in skillet, season with salt. Cook, turning occasionally, until golden brown on both sides, 6 to 7 minutes. Transfer to prepared sheet. In a small bowl, mix garlic, basil, and the remaining 2 tablespoons neutral oil. Brush top of cabbage slices with garlic mixture. Spoon 1/4 cup marinara sauce on each cabbage slice. Sprinkle with Pecorino Romano. Top with 2 slices of mozzarella. Bake cabbage until cheese is melted and bubbly, 18 to 20 minutes. Arrange cabbage on a platter. Drizzle with olive oil and top with basil.

Board of Directors News

At the Annual Meeting on 11/13, all Board members who presented were voted in by Members. Thank you to all who serve and volunteer their time:

- | | |
|----------------------------------|----------------------------|
| ◆ Mark Nichols—President | ◆ Tina E. Naimic—Treasurer |
| ◆ Suellen Griffin—Vice President | ◆ Pete Bleyler |
| ◆ Mark Belanger—Secretary | |



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



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 - All day Monday and Wednesday.

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.

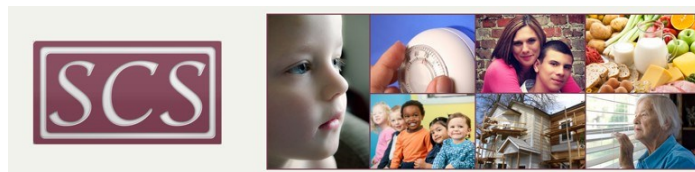
Southwestern Community Services

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–5 PM

Tuesday 8 AM–5 PM

Wednesday 8 AM–5 PM

Thursday 8 AM–5 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

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

Educational Event

Tuesday, 12/3, 1-2 PM

In Our Own Voice

with Tim Weeks

Stepping Stone

Newsletter Workgroup

Monday, 12/9, 10-11 AM

Next Step

Monday, 12/9, 1:30-2:30 PM

Stepping Stone

Arbor View Connections

Thursday, 12/12, 2-3 PM

Sign up for transportation
from either site.

Educational Event

Monday, 12/16, 1-2 PM

In Our Own Voice

with Tim Weeks

Next Step

NH Mental Health Peer Alliance

Tuesday, 12/17, 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

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NH Behavioral Health Planning

& Advisory Council

Meets quarterly in January, April,

July, and October.

