





Date & time—TBD

Keep a lookout at the centers for updates and sign up.



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

“Tomorrow belongs to those who can hear it coming.”

-David Bowie  
-born January 8, 1947

### Taco stuffed Sweet Potatoes

- 2 sweet potatoes, about 1 pound each
- 1 tablespoon avocado oil
- 1 pound lean ground beef
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon salt
- ¼ cup water
- 2 tablespoons tomato paste
- 1 cup shredded Mexican cheese blend, divided
- 1 cup shredded romaine lettuce

Prick sweet potatoes all over with a fork. Microwave on High until soft, 10 to 12 minutes. Meanwhile, heat oil in a large skillet over medium-high heat. Add beef, chili powder, cumin, garlic powder, onion powder and salt; cook, breaking the beef up into small pieces until browned and no longer pink, 4 to 6 minutes. Whisk water and tomato paste in a measuring cup; add to the pan and stir to coat the mixture. Stir in 1/2 cup cheese. Halve the sweet potatoes and mash the flesh a bit with a fork. Top each half with 1/2 cup of the beef mixture, 2 tablespoons cheese and 1/4 cup lettuce.

**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.



### 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

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

### 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.



### 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.

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](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–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.

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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  
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

### Board of Directors Meeting

Wednesday, 1/8, 3:30-4:30 PM

#### **via computer:**

<https://us02web.zoom.us/j/87115911999?pwd=MGxxUWw5RG9jb0RpbUxrMGVqZXB6Zz09>

[Uw5RG9jb0RpbUxrMGVqZXB6Zz09](https://us02web.zoom.us/j/87115911999?pwd=MGxxUWw5RG9jb0RpbUxrMGVqZXB6Zz09)

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

### Arbor View Connections

Thursday, 1/9, 2-3 PM

Sign up for transportation  
from either site

### Newsletter Workgroup

Monday, 1/13, 10-11 AM

Next Step

Monday, 1/13, 1:30-2:30 PM

Stepping Stone

### NH Behavioral Health Planning

#### & Advisory Council

Tuesday, 1/14, 9:30 AM-12 PM

Sign up for transportation from either site.

Or Via computer or smartphone:

<https://nh-dhhs.zoom.us/j/2680146033?pwd=UmxiaXI6VWswclFkcDR0aUZYUkp4dz09>

You can also dial in using your phone.

United States: +1 (312) 626 6799

Meeting ID: 268 014 6033

Password: 691279

### Educational Event

Tuesday, 1/14, 1-2 PM

Advocacy with New Futures

Stepping Stone

### Educational Event

Wednesday, 1/15, 1-2 PM

Advocacy with New Futures

Next Step

### NH Mental Health Peer Alliance

Tuesday, 1/21, 10 AM–12 PM

Via computer or smartphone:

<https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRybnBnWDcyQU40ck5hOlozZz09>

Meeting ID: 840 7178 5517

Password: 269641

### Upper Valley Humane Society

Date/Time—TBD