



**STEPPING STONE & NEXT STEP
PEER SUPPORT CENTERS
FEBRUARY 2025**



Stepping Stone
132 Pleasant Street, Suite 1
Claremont, NH 03743
603-543-1388

Next Step
109 Bank Street
Lebanon, NH 03766
603-448-6941

www.steppingstonenextstep.org



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



Bob Olcott passed away December 13th, 2024. He was a Member of Next Step for many years. Here is what a Member thought of Bob:

Bob you will be missed. You cared a lot about the center and its Members. You were always up for conversation! Often you would volunteer and took pride in the yard work. You would help with small tasks too. Whenever you came in, you'd ask if the coffee had love in it, and I'd always say of course! Even when I didn't make it well, and you had a swirling granules in your mug, you would call them extra love crystals and never criticize.

RIP Bob, I'll light the lamp.

Barry Curtis passed away in January 2025 and was also a long time Member of Next Step and Stepping Stone. Many of us at Stepping Stone got to know Barry when he came to the centers. Good man...we will miss you.

A Member wanted to share things through his eyes and he said...

I am a Member of Stepping Stone and I met Barry there maybe 10 to 12 years ago. We only spoke the words, "Hi, nice to meet you." Some years went on, we were not close and did not stay in contact at all. About a year ago our paths crossed again, which we were both grateful for. Barry had a lasting impression on me with his warm heart and his willingness to tell a good story. I can say I had the pleasure to really get to know him over the last year. He reminds me a lot of my own father. I will cherish our weekly talks and our coffee dates! I will forever be grateful that our paths crossed again. Barry was an incredible artist. I will always remember his big heart and willingness to listen to someone else's story.

Rest in peace my friend. You will be missed by a lot of people.

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



to February's schedule

Next Step

2/7, Open 11 AM-7 PM
2/8, Closed
2/11, Open 9 AM-3 PM
2/21, Open 11 AM-7 PM

Stepping Stone

2/21, Open 12-4 PM



NO TRANSPORTATION on:

2/25 & 2/26.



Entertainment Cinema Movie

Tuesday, 2/11, 11 AM, Lebanon

Please give your \$3 deposit and sign up for transportation from either site.

Sign-up Deadline: Wednesday, 2/5, at 1 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

"I go to bed every night thinking about all the possible ways that I can succeed."

-Ronda Rousey

-born February 1, 1987

Wish List

- Word Search books
- Kitchen knife set
- New Christmas tree
- Canvas to paint



Cheesy White Bean Skillet

- 1/4 cup Olive oil
- 4 Garlic cloves, thinly sliced
- 3/4 cup marinara sauce
- 2 15oz cans cannellini beans, rinsed & drained
- 5 large eggs
- Salt & pepper to taste
- 1 1/2 cups shredded mozzarella, divided
- Chopped parsley, optional for garnish

Preheat oven 400°. In large oven proof skillet, heat oil over medium heat. Add garlic and cook for 1 minute, stirring regularly. Stir in marinara sauce and beans. Season with salt and pepper and simmer for 5 minutes. Stir in 1/2 cup of cheese. Add another 1/2 cup of cheese across the top. Using a wooden spoon, make 5 "nests" in the beans to reveal the bottom of the skillet. Crack an egg in each nest and season with salt and pepper. Sprinkle remaining cheese over the top of the eggs and beans. Transfer the skillet to the oven and bake until egg whites are just set but the yolks are still runny and the cheese is melted. 5-8 minutes. Garnish with parsley.



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.



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.



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

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–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, 2/4, 1-2 PM

Nutrition with Ann Merritt
Stepping Stone

Educational Event

Wednesday, 2/5, 1-2 PM

Nutrition with Ann Merritt
Next Step

Newsletter Workgroup

Monday, 2/10, 10-11 AM

Next Step

Monday, 2/10, 1:30-2:30 PM

Stepping Stone

Entertainment Cinema Movie

Tuesday, 2/11, 11 AM

Lebanon

Sign up for transportation from either site.

Arbor View Connections

Thursday, 2/13, 2-3 PM

Sign up for transportation
from either site

NH Mental Health Peer Alliance

Tuesday, 2/18, 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

NH Behavioral Health Planning & Advisory Council

Meets quarterly in January, April,
July, and October.

