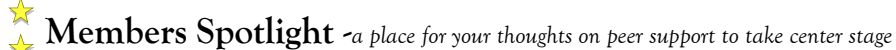




Next Step
109 Bank Street
Lebanon, NH 03766
603-448-6941



By: John Breed

Peers from the warmline
check-in on me when I am sad.
I get support from them.
I am happy to share things with Members.
At times, I may be upset,
I am learning skills to deal with them.

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

Word Search books
New 6' Christmas tree
Canvas to paint
Art projects



9/19, Open 12–4 PM



Faneuil Hall Marketplace

Thursday, 9/18, 10 AM-2 PM

Please sign up for transportation and pay your \$5 deposit at either site.

Sign-up Deadline: Friday, 9/12.

The Members account will provide \$15 per person for food. If you want to purchase items, please bring your own spending money.



On the 3rd Friday of every month, Stepping Stone will have 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

"Just try. Try to try."

-Zendaya

-born September 1, 1996

3 Ingredient Frozen Ravioli Dinner Casserole

- 1 (24oz) bag frozen ravioli (any kind)
- 1 (32oz) jar pasta sauce
- 2 cups shredded mozzarella



Preheat oven to 400° F and grease a 9x13 baking dish. Spread a thin layer of pasta sauce onto the bottom of your prepared dish. Arrange HALF of the frozen ravioli into your dish in a single layer. Top with HALF of the remaining sauce and about 1 cup of mozzarella. Arrange the rest of the ravioli on top of the cheese and then top with the remaining sauce and mozzarella. Cover the dish with foil and bake for 30 minutes. Remove the foil and continue baking for an additional 15 minutes or until the cheese starts to turn golden brown.



Art & Crafts Supplies Yard Sale to benefit our Member bank account

When: Thursday, 9/4 Rain date: 9/25

Where: Next Step, 109 Bank Street, Lebanon NH

Time: 11 AM-3 PM

Come replenish your supply. Or get some art projects and great stuff for back to school.

HEALTH CARE FORUM

Join us for a discussion with a panel of experts on how recently passed legislation will impact the cost and access to healthcare for all of us in our local hospitals and clinics, no matter if you have private insurance, Medicaid, Medicare or coverage with the Affordable Care Act.

WHEN:

**THURSDAY SEPT 18TH
FROM 6:30-8:30PM**

Refreshments will be served. Panel begins at 7:00 PM. There will be time for the panelists to answer questions.

WHERE:

**PLAINFIELD, NH
HISTORIC TOWN HALL**

Located at 1079 12A in the village of Plainfield, NH

LORI SHIBINETTE



Lori will cover mental health effects and the effects on addiction programs in the State because of the recently passed legislation.

Lori is the CEO of West Central Behavioral. She served as the CEO of NH Hospital, the state's psychiatric hospital. Lori was also the NH Commissioner of the Dept. of Health and Human Service under Governor Sununu.

MATTHEW HOUDE



Matt will focus on the effects of the changes and cuts on NH hospitals and on individual health care access and costs.

Matt is the System VP for Government Relations for Dartmouth Health, having received his Masters of Health Care Delivery Science and JD. He was a former State Representative and State Senator.

DEBORAH FOURNIER



Deb will highlight some of the changes and cuts to Medicaid, the Affordable Care Act and Medicare at the State and Federal levels.

Deborah is the Director of Health Law and Policy at the Institute for Health Policy and Practice at UNH. She has 20 years of health policy experience as a seasoned health policy lawyer, including serving as New Hampshire's Medicaid Director under Governor Sununu.

ROB TAYLOR Moderator



Rob is the Enfield Land Use and Community Development Administrator with experience in agriculture and small business. Previously he was Executive

Director of the Lebanon Chamber of Commerce and served for twenty years on the Plainfield Selectboard.

SPONSORED BY

PLAINFIELD DEMOCRATIC COMMITTEE

Be informed so you can elect State and Federal officials who will work to protect your health care. Learn about organizations supporting this work. Some of these cuts and changes will be immediate but others will activate in 2027 after the next State and Federal elections.

If you want to attend, please sign up for transportation at either site.

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 9 people



face hunger.

**1 in 7
Children**
face hunger.

**Hunger Action Day®
is Tuesday,
September 9th!**

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

Reprinted from www.feedingamerica.org



We are excited to announce that **Stepping Stone Drop-In Center** has been selected again as a nonprofit partner in the **Hannaford Community Bag Program**.

This time, your organization will receive \$1 for each \$2.50 reusable Community Bag sold **during the month of September 2025** at:

220 Washington Street, Claremont NH



Save the date:

Event Date: **Sunday, October 5, 2025**

Location: Soccer Field on S Fruit Street, Concord NH 03301

Event Time: 10 AM. Registration Opens: 9 AM

If you have questions contact: Kristen Welch at 603-225-5359 x350 or kwelch@naminh.org

NAMI New Hampshire, 85 N State Street, Concord NH, 03301

**Together, we are strong enough to lift hope.
Together, we are NAMIWalks.**

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, call Shanon
Laferte at 603 543-1388, and
she will share your contact in-
formation with the Govern-
ance 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.



Groups Descriptions

*****Next Step*****



Walking Group—Come join our walking group. We will walk for 30-60 minutes. GET YOUR BLOOD PUMPING!

Puzzles and games—Do you like playing games or working on puzzles? Come join our group and have some fun!

Creative Writing—Do you have a creative side? Let it flow out through writing. Express yourself on paper.

Intentional Peer Support—Intentional Peer Support is different than other types of support in that we are mutual with each other. We talk about hope-based rather than fear-based issues. This is about building healthy relationships for ourselves and the world. Let's get to know each other and learn from each other as we brainstorm together what support looks like.

WHAM—Join us for a discussion about various wellness tools and techniques. From mindful to peer supportive relationships. We will be sharing our experiences around wellness and finding new ways to be as healthy and happy as we can be. As experts on ourselves, we have unique and individualized experiences that are valuable and worth sharing.

Patterns, Behaviors, & Relationships—Identifying patterns in our behaviors that keep us feeling “stuck” is the first step. What can we change or learn from about why we do things this way or what could we do differently for a better outcome? So, let's discuss and find some new and better ways of living. *The definition of insanity is doing the same thing over and over again and expecting a different results.*

Community Meeting—Come join Members, volunteers, staff, and visitors to find out what is going on at the Centers, hear news, learn about changes, voice your concerns, and vote on issues. *We each have a voice, so let's use it.*

Meditation & Relaxation—Feeling stressed? Come join our group and find way to deal with these feelings!

Check-in—Checking-in gives Members a chance to learn things about each other and build value for each other's interests, talents, and circumstances. Please join us as we generate a compassionate community and make some new acquaintances.

Art Wellness—Creativity is an important wellness tool. Self expression has a powerful impact on our well-being. It increases positive emotion and can reduce stress. Creativity is a wellness practice, so let's go make something together!

Life Goals—You are ready to take charge, exercise your LIFE GOALS and recreate your life in a way that will enhance MOVING TOWARDS what you want! In order to make long lasting and meaningful change you must begin to distinguish who you are and what you want in life. So let's set some LIFE GOALS and talk about them every week.

Community Eats—Come join us in having a bite to eat, fuel our bodies, and enhance our relationships.

Inspirational True-Life Experiences—Join us as we look for inspiration in our lives as well as news stories from around our area and around the world. There is good stuff happening!

Movie & Conversation—Come watch a movie and share your thoughts.

Empathy Group—Feeling tired, alone or sad? Come join us for empathy group where we may be able to relate and find comfort as we share these difficult feelings. We will be practicing IPS and empathy vs. sympathy as we learn and grow together. Let's try and bring hope to one another.

Community Healing—As our life proceeds, we experience both joy and trauma on many levels. We want to support one another and share what we find healing and what is difficult. What many of us forget to look at is that communities need healing as well. As we discuss healing, let's consider the whole community and how we can heal together.



Groups Descriptions (continues)

*****Stepping Stone*****



Journaling/Writing - Can you express yourself better on paper? Does writing help clear your mind? Come join us and let's get creative!

Addiction—Do you have or have you had an addiction? Come share positive ways to approach real situations. Share the struggles you may be having. You might find support in ways you didn't realize you needed!

Proactive Behaviors—Do you want to be aware of your behavior and how you interact with others? Come bring your positive thoughts and actions to the group.

Movie & Conversation—Come watch a movie and share your thoughts.

Community Eats—Come join us in having a bite to eat, fuel our bodies, and enhance our relationships.

Stretching—Come join us with light stretching to loosen up our bodies after a meal.

Community Meeting—Come Join, members, volunteers, staff, and visitors to find out what is going on at the Centers, hear news, learn about changes, voice your concerns, and vote on issues. *We all have a voice so let's use it.*

Intentional Peer Support—Intentional Peer Support is different than other types of support in that we are mutual with each other. We talk about hope-based rather than fear-based issues. This is about building healthy relationships for ourselves and the world. Let's get to know each other and learn from each other as we brainstorm together what support looks like.

Nutrition—Interested in changing some eating habits? Do you want to be healthier but don't know how? Come join our group and learn ways to eat what we love, with nutrition mixed in! Let's get after it!!!

Rhythms & Expression—Do you have positive ways to express yourself? Another way to show how you're feeling? Come share and explore together and create ways of expression.

Community Healing and Personal Healing—As our life proceeds, we experience both joy and trauma on many levels. We want to support one another and share what we find healing and what is difficult. What many of us forget to look at is that communities need healing as well. As we discuss healing, let's consider the whole community and how we can heal together.

Collaging & Paper Crafts—Bring your style and design to this group! Design your personality or your feelings that day on paper! We will work on projects individually and is open to anyone. Materials will be provided, and you may also bring your own.

Walking Group—Come join our walking group. We will walk for 30-60 minutes. GET YOUR BLOOD PUMPING!!

True Emotions—Let's inspire and support each other in reaching our goals while we stay focused on what makes us happy in life. We'll talk about moving toward what we want using peer support. We will use the teachings of IPS and Co-reflection.

Discussion relating to IPS—Come join us in a safe & healthy conversation in all depths of IPS.

Rock on Cardio—Come join us for some fun and movement. We will exercise using DVD's, YouTube and Yoga.

Puzzles and games—Do you like playing games or working on puzzles? Come join our group and have some fun!

Art Wellness—Enjoy working in all mediums, creating projects for your own portfolio or to contribute to Stepping Stone portfolio.

Check-in/Goals—Checking-in gives Members a chance to learn things about each other as people and build value for each other's interests, talents, and circumstances. Please join us as we generate a compassionate community and make some new acquaintances.

How to Reach Us

Stepping Stone

Phone: 603-543-1388

Fax: 603-287-8436

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

By appointment only Tuesday–Friday 8 AM–3 PM

Peer Support Warmline

Phone: 603-543-1388 or toll free in NH at 888-582-0920

Sunday-Thursday, 4-9 PM

Friday, 4-8 PM

Saturday, 4-9 PM

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

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

Newsletter Workgroup

Tuesday, 9/2, 11 AM–12 PM

Next Step

Tuesday, 9/2, 2-3 PM

Stepping Stone

Board of Directors Meeting

Wednesday, 9/10, 3:30–4:30 PM

via zoom, Stepping Stone

via computer:

<https://us02web.zoom.us/j/87115911999?pwd=MGxxUUw5RG9jb0RpbUxrMGVqZXB6Zz09>

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, 9/11, 2-3 PM

Sign up for transportation from either site.

NH Mental Health Peer Alliance

Tuesday, 9/16, 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

Faneuil Hall Marketplace

Thursday, 9/18, 10 AM–2 PM

Sign up for transportation and pay your \$5 deposit from either site.

Health Care Forum

Thursday, 9/18, 6:30–8:30 PM

Sign up for transportation from either site.

Educational Event

Disability Rights Center with Deborah Opramolla

Tuesday, 9/23, 1-2 PM,

Stepping Stone

Wednesday, 9/24, 1-2 PM,

Next Step

NH Behavioral Health Planning

& Advisory Council

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