





We are excited to be part of NH Gives again this year! NH Gives is an opportunity to raise money and awareness to support our Mission to provide FREE peer support and transportation for our NH peers.

This year’s donations will help us raise money for Member trips & events, Outreach, and Transportation; and new windows for Next Step!

Please check out our profile page:

<https://www.nhgives.org/organizations/stepping-stone-drop-in-ctr-assn>

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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.

## **Quote of the Month**

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

-Anne Frank  
-born June 12, 1929



## Lake Sunapee Beach, swim & picnic

Thursday, 6/25, 11 AM-2 PM

Sign up for transportation from either center and pay your \$3 deposit

Sign-up Deadline: Monday, 6/8.

Would you like to know more about who we are and what we do?

Call 603-543-1388 and ask for Shanon Laferte, Program Director, to schedule a presentation to a group or for one of our staff to stop by and share information about our program with you.



On the 2nd Wednesday of every month, Next Step will have cake to celebrate all the birthdays in the month.

On the 3rd Friday of every month, Stepping Stone will have cake to celebrate all the birthdays in the month.

Please join us for cake and celebration.

## Cauliflower Alfredo Bake

- 1 pound cauliflower florets
- 1 (15 ounce) jar Alfredo sauce
- 1/4 cup fresh peas
- 4 strips bacon, cooked and crumbled

Preheat the oven to 425°. Bring a large pot of salted water to a boil. Add cauliflower florets and cook for just 3 minutes. Drain. Transfer cauliflower to a greased 8x8-inch casserole dish. Pour Alfredo sauce over cauliflower. Sprinkle with peas and chopped bacon. Stir to combine. Bake uncovered until cauliflower is tender and sauce is bubbly, 25 to 30 minutes. Serve immediately.

## Claremont NH PRIDE | Facebook



**Claremont PRIDE 2026**  
June 14-20  
A Collaborative Celebration

**Sunday 6/14**  
What: Whistlestop  
When: 11:30am  
Where: Amtrak Station  
Brought to you by: Community Organizers

**Monday 6/15**  
What: Flag Raising Ceremony  
When: 5:30pm  
Where: Broad Street Park  
Brought to you by: **tlc RURAL OUTRIGHT**

**Tuesday 6/16**  
What: Pride Themed Trivia  
Where: Daddy's Pizza (50 Pleasant St.)  
When: 5:30pm  
Hosted by: Jen Gallagher

**Wednesday 6/17**  
What: Healthy Relationships Bingo  
When: 6:00pm-7:30pm  
Where: The Well Collaborative (72 Pleasant St.)  
Brought to you by: **CLAREMONT SAFER COMMUNITIES**

**Thursday 6/18**  
What: Bowling (Pre-registration REQUIRED)  
When: 5:00pm-7:00pm  
Where: Meyer Maple Lanes (152 Maple Ave.)  
Brought to you by: **tlc RURAL OUTRIGHT**  
Register here!

What: Community Pride Quilt Making  
When: 12pm  
Where: Claremont MakerSpace  
Brought to you by: **CMS** (48 Main St.)

**Friday 6/19**  
What: Juneteenth Bike Ride  
When: 6:00pm-7:00pm  
Where: Broad Street Park  
Brought to you by: Community Organizers

What: Silent Disco  
Where: Daddy's Pizza (50 Pleasant St.)  
When: 7:00pm  
Brought to you by: **C**

**Saturday 6/20**  
What: Pride Craft & Food Market  
Where: The Well Collaborative (72 Pleasant St.)  
When: 11:00am-3:00pm  
Brought to you by: **tlc RURAL OUTRIGHT**

What: Pride Picnic  
Where: The Well Collaborative (72 Pleasant St.)  
When: 12:00pm-3:00pm  
Brought to you by: **CLAREMONT**

\*Additional event details and registration links available at [www.GreaterClaremontNH.org/PRIDE](http://www.GreaterClaremontNH.org/PRIDE)

## LOH Pride | Lebanon Opera House



For our 5<sup>th</sup> annual salute to the LGBTQIA+ community, we're turning up the volume!

Our popular resource and artisan fair will be held in Colburn Park followed by a loud and proud dance party inside the theater with guest DJs.

# JUNETEENTH FREEDOM DAY

On January 1, 1863, ahead of the third year of the Civil War, President Abraham Lincoln signed the Emancipation Proclamation, which declared all enslaved people in the Confederate states—Alabama, Florida, Georgia, Louisiana, Mississippi, South Carolina, Texas, Arkansas, North Carolina, Tennessee, and Virginia—were free. But Lincoln's executive order did not fully abolish slavery in the U.S., as it didn't apply to those held as property in bordering states who were loyal to the Union.

Despite the proclamation, in Texas, slavery was largely unaffected. The confederates considered the state a safe space for slaveholders, as it remained generally unoccupied by Union Army soldiers during the war—mainly because it was one of the farthest away from the border between the Union and the Confederacy, aka the frontlines of the Civil War.

On June 19, 1865, 2½ years after the Emancipation Proclamation was signed Major General Gordon Granger arrived in Galveston, Texas, to take control. He issued General Order No. 3 to inform enslaved people that they were free and that the Civil War was officially over. This is why we celebrate Juneteenth, because it honors the day *all* of the enslaved were made aware of the Emancipation Proclamation and were officially legally released from their bonds.

**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.



HIV/HCV  
Resource Center



### 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, call Shanon Laferte at 603 543-1388, and she will share your contact information with the Governance Committee.



**ABSOLUTELY  
FREE!**

### 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.

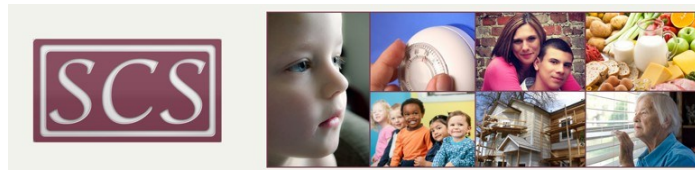
**Southwestern Community Services**

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.



## 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

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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  
cherylt@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, 6/2, 1–2 PM, Stepping Stone  
Wednesday, 6/3, 1–2 PM, Next Step  
Budgeting  
with Nancy Beaudoin

### Newsletter Workgroup

Monday, 6/8, 2–3 PM  
Stepping Stone

Tuesday, 6/9, 11 AM–12 PM  
Next Step

### NH Mental Health Peer Alliance

Tuesday, 6/16, 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

### Lake Sunapee beach, swim & picnic

Thursday, 6/25, 11 AM–2 PM  
Sign up for transportation at either center  
and pay your \$3 deposit

### NH Behavioral Health Planning & Advisory Council

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

