



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



Claremont Speedway

Friday, 7/17, 6:45 PM—to when the race is over.

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

Sign-up Deadline: Tuesday, 7/7.

If you want to purchase items, please bring your own spending money.

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.



BIRTHDAYS THIS MONTH

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.



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

“At the end of the day, we can endure much more that we think we can.”

-Frida Kahlo
-born July 6, 1907



to July's schedule

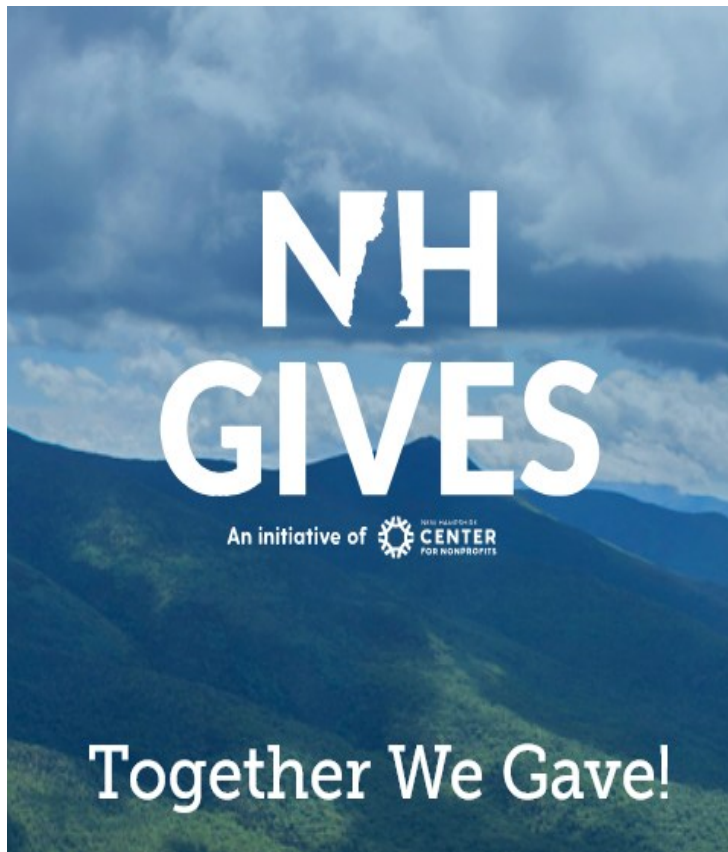
Next Step

7/10, Open 11 AM– 7 PM

7/29, Open 10 AM-3 PM

Stepping Stone

7/10, Open 12–4 PM



Thank you to everyone who gave testimonials, facilitated Peer-to-Peer fundraisers, attended meetings, and helped spread the word.

Thank you to the 32 online donors and 1 offline donor whose \$7,900 moved us forward on our path to provide free peer support, upgrade infrastructure, and enjoy Member trips & events.

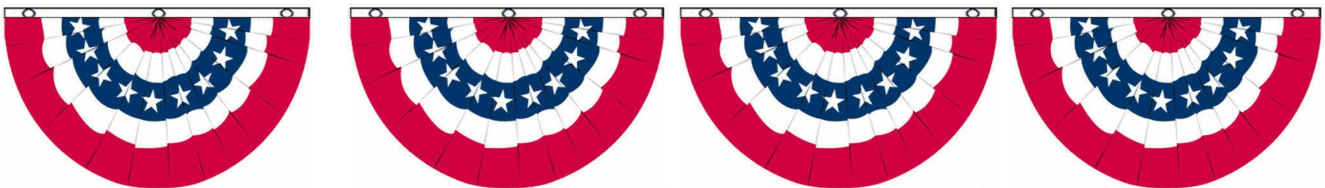
Thank you to our community partners Jake's Market & Deli and MBM Family Trust for providing \$2,500 each in matches!

With everyone's help, we raised nearly \$13,000!!

Almond Butter & Jelly Energy Bites

- 1 cup oat flour
- 1 cup almond flour
- ¼ teaspoon fine grain sea salt (if your almond butter is not salted)
- 1 cup raw, creamy almond butter
- ⅓ cup jelly or jam
- 1 teaspoon vanilla extract

In a medium sized mixing bowl, stir to combine the dry ingredients: oat flour, almond flour and salt (if using). Add almond butter, jelly and vanilla extract. Stir until fully incorporated. The mixture will be thick. If you see dry flour, you may need to add a bit more almond butter. Use a cookie scoop or your hands to form the dough into small balls (about 1.5 inches in diameter). You can enjoy the energy bites right away at room temperature. To store, place the energy bites in a container and store them in your refrigerator.



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 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.



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.

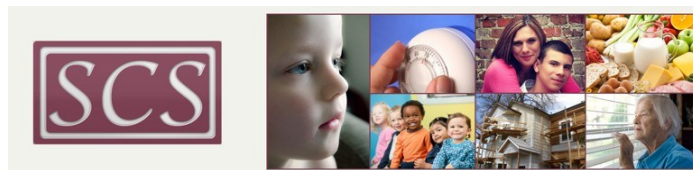
Southwestern Community Services

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

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, 7/8, 3:30–4:30 PM

Stepping Stone or

via zoom:

via computer:

<https://us02web.zoom.us/j/86492612589?pwd=lweyLIDZnZzgCyFbhHgDUdekksFbw.1>

Meeting ID: 864 9261 2589

Passcode: 894390

via smartphone or Tablet:

+13126266799, 86492612589#,,, *894390# US (Chicago)

+16465588656, 86492612589#,,, *894390# US (New York) via

Telephone:

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 864 9261 2589

Passcode: 894390

Newsletter Workgroup

Monday, 7/13, 11 AM–12 PM

Next Step

Monday, 7/13, 2–3 PM

Stepping Stone

NH Behavioral Health Planning

& Advisory Council

Tuesday, 7/14, 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=UmxiaXl6VWswclFkcDR0aUZYUkp4dz09>

You can also dial in using your phone.

United States: +1 (312) 626 6799

Meeting ID: 268 014 6033

Password: 691279

Educational Event

Tuesday, 7/14, 1–2 PM, Stepping Stone

988 Rapid Response Access Point

with Kara Washam

Claremont Speedway

Friday, 7/17, 6:45 PM

Sign up for transportation at either center

and pay your \$3 deposit

NH Mental Health Peer Alliance

Tuesday, 7/21, 10 AM–12 PM

via computer or smartphone:

<https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRybnBnWDcyQU40ck5hQlozZz09>

Meeting ID: 840 7178 5517

Password: 269641

Educational Event

Wednesday, 7/22, 1–2 PM, Next Step

988 Rapid Response Access Point

with Kara Washam