



STEPPING STONE & NEXT STEP PEER SUPPORT CENTERS SEPTEMBER 2026



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

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

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

Some of our Members wanted to share what coming
to the Centers means to them.

My peers mean a lot to me. I've built connections and healthy friendships that supports each other.

Peers help my mental health one day at a time. Just being there and showing support. Connection is also very important to me in my relationships.

Peer Support has opened my mind to self awareness in my relationships. It has helped me see I am enough!

Folks at Stepping Stone are fun to talk to. People listen and do not criticize. I have a reason to get out of my house. I am able to voice my thoughts and feelings and I have fun at Stepping Stone.

My peers represent to me, heart, empathy, and compassion.

There is no judgement. If they notice I'm having an off day, they check in with me. I have purpose in my life. I feel like I matter, no matter what my flaws are. I feel connected with my peers. Even though they are not blood, they are more like family. They give me strength to move forward.

Knowing I am not alone. It's a place where I can come and feel safe and accepted.

People helping people to overcome life's troubles. Folks at the center have helped me to cope with my own difficulties.

The peers give the strength and resilience not to give up when things are hard. I always know peers will be there for me in my difficult times. Peers are reasons why I have survived through the years. I am very grateful not to be judged, and accepted for who I am. Thank you.

I like coming to Next Step because it's nice to have a place to go that gets me out of the house. It's nice to talk to people who understand how I'm feeling.

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

Change

to September's schedule

Next Step

9/4, Open 11 AM- 7 PM

Stepping Stone

9/4, Open 12-4 PM

Wish List

Halloween Decorations

Please contact Shanon Laferte at 603 543 1388 before donating. All donations need to be approved in advance by the Board's Finance Committee. Thank you.



Pillsbury State Park

Thursday, 9/17, 10 AM-1 PM

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

Sign-up Deadline: Friday, 9/11.

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.



Honey Crisp Apple and Feta Salad



- 1 large honey crisp apple, sliced thin
- 5 cups fresh Kale or mixed salad greens
- 1/2 cup crumbled feta cheese
- 1/3 cup chopped walnuts or pecans
- 1 teaspoon oil
- 2 Tablespoons olive oil
- 1 Tablespoon lemon juice or apple cider vinegar
- salt & pepper to taste

Wash and dry salad greens, place them in a large bowl. Add the sliced Honey Crisp apples, crumbled feta cheese, and nuts on top of the greens. In a small cup, mix the olive oil, lemon juice, salt and pepper. Pour the dressing over the salad, toss gently to coat, and serve right away.

Save the date:

TOGETHER *we are* **NAMIWalks**

Event Date: Sunday, October 4, 2026

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

Event Time: 10 AM. Registration Opens: 9 AM

If you have questions contact: Brittany Porter at 603-225-5359 or bporter@naminh.org

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

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

2026 Free Community Flu Vaccine Clinics

– reprinted from uvpublichealth.org



Flu vaccines are available for anyone age 10 and older.

All Public Health Council clinics are free, open to the public, and do not require registration. If your insurance information is on file with Dartmouth Health, where vaccine records are stored, your insurance will be billed as a preventive care service.

There will never be an out-of-pocket cost to you.

Before You Attend

- No registration is required.
- No insurance information is needed.
- Regular-dose flu vaccine and enhanced-dose vaccine for adults ages 65+ will be available.
- COVID-19 vaccines will not be offered at these clinics.
- If you are experiencing symptoms of illness, you may be asked to wear a mask.
- Please arrive no more than 15 minutes before the clinic's scheduled start time.

Wednesday, September 30

4:00–6:00 p.m.

Enfield Community Building, 308 US Route 4, Enfield, NH

Thursday, October 1

4:00–6:00 p.m.

Plainfield Elementary School, 92 Bonner Road, Meriden, NH

Wednesday, October 7

4:00–6:00 p.m.

Oxbow High School, 36 Oxbow Drive, Bradford, VT

Thursday, October 8

4:00–6:00 p.m.

Washington Town Hall, 2895 VT-110, Washington, VT

Saturday, October 10

10:00 a.m. to 12:00 p.m.

Orford Congregational Church, 617 NH Route 10, Orford, NH

Wednesday, October 28

4:00–6:00 p.m.

Windsor Welcome Center, 3 Railroad Avenue, Windsor, VT

Thursday, October 29

4:00–6:00 p.m.

Mascoma Community Health Center, 18 Roberts Road, Canaan, NH

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 Governance
Committee.



Suggestion Boxes are at both sites
for your ideas and suggestions re-
garding the Centers. Please place
your constructive suggestions in the
box. Your name is optional.

Quote of the Month

"Appreciate where you are and enjoy the journey as
you work toward where you're going."

-Jenna Ortega

-born September 27, 2002

**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.

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 6

Children

face hunger.

People facing hunger in
New Hampshire
are estimated to report needing

\$115,076,000

more per year to meet their food needs.

**Hunger Action Day®
is Tuesday,
September 29th!**

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

Reprinted from www.feedingamerica.org

Suicide Prevention Month

Individual Impact:

- 1 in 20 U.S. adults (5%) have serious thoughts of suicide each year.
- About 1 person dies by suicide in the U.S. every 11 minutes.
- 79% of all people who die by suicide in the U.S. are male.
- Although more women* than men attempt suicide, men are 4x more likely to die by suicide.
- In the U.S., suicide is the 2nd leading cause of death among people ages 10-14 and among people ages 15-24, and the 11th leading cause of death overall.

Community Impact:

Annual prevalence of serious thoughts of suicide among U.S. youth populations:

- High school students: 20%
- LGBTQ+ high school students: 41%
- LGBTQ+ young people ages 13-24: 39%
- Young adults ages 18-25: 12.2%

66 Start the Conversation.
Be the Difference.

Learn how to recognize the signs and be there for those who need you.
#SuicidePreventionMonth



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

This time, our organization will receive \$1 for each \$2.50 reusable Community Bag sold **during the month of September 2026** at:

220 Washington Street, Claremont NH

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
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, 9/9, 3:30–4:30 PM

Stepping Stone or

via zoom:

via computer:

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

[LIDZnZgCyFbhgDUdekksFbw.1](https://us02web.zoom.us/j/86492612589?pwd=IweyLIDZnZgCyFbhgDUdekksFbw.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, 9/14, 11 AM–12 PM

Next Step

Monday, 9/14, 2–3 PM

Stepping Stone

NH Mental Health Peer Alliance

Tuesday, 9/15, 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

Tuesday, 9/15, 1–2 PM, Stepping Stone
Our Board with Board President Mark Nichols

Wednesday, 9/16, 1–2 PM, Next Step
Our Board with Board President Mark Nichols

Pillsbury State Park

Thursday, 9/17, 10 AM–1 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.