STEPPING STONE & NEXT STEP
PEER SUPPORT CENTERS
NOVEMBER 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 stage.

By: Pam Lamott

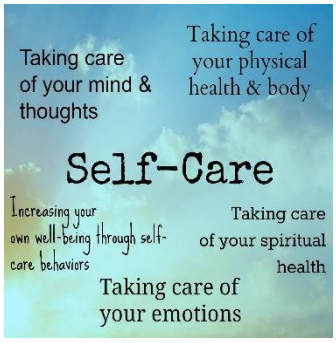




It's getting dark earlier, days are getting shorter. Out comes the winter gear. Stacking cords of wood, insulating the house, winterizing the vehicles. In the kitchen old and new recipes being created. Dishes, breads, desserts. Don't forget the Egg Nog. Be sure to have a safety route planned along with emergency kit in case the need arises. This time of year can be rough on anyone. Mentally, phyiscally and emotionally. Stay on top with selfcare. Check in with others. That few minutes you have to spare would be gratefully appreciated by another.











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



to November's schedule

Next Step
11/13, Open 11 AM-7 PM
11/17, Open 9 AM-3 PM
11/20, Open 9 AM-3 PM
11/26, Closed

Stepping Stone
11/13, Open 12-4 PM
11/26, Open 9 AM-3 PM
11/27, Closed

Please contact Shanon Laferte at 603 543-1388 before donating. All donations over $50 need to be approved in advance by the Board's Finance Committee. Thank you.

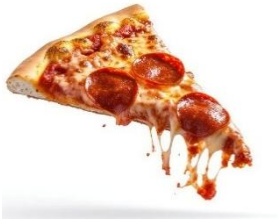


No transportation:
11/11, 16-20, 26, 27

Editor: Shanon L. Laferte

pizza pizza

Pizza Party (homemade) at Stepping Stone



Thursday, 11/12, 1-3 PM

Please sign up at either site for an accurate food count and pay your $1 deposit. Sign up for transportation from Next Step.



Sign-up Deadline: Monday, 11/9.

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.



Double Bean Nachos



- 1 bag of tortilla chips
- 15oz can low sodium black beans, rinsed
- 8oz coarsely shredded orange extra sharp cheddar cheese
- 15oz can of refried beans

Heat oven to 450°. On rimmed baking sheet, toss chips, black beans and ½ of cheese. Dollop refried beans on top and sprinkle with remaining cheddar. Bake for 6-7 minutes. Add preferred topping and enjoy!

Board of Directors News



Our Annual Meeting is Thursday, November 12th, 3:30 PM, at Stepping Stone and via zoom. This is when Members elect or re-elect Board members.

As part of the open meeting, Board members due for election or re-election will talk a bit about themselves and why they serve on the Board, and community Members will have a chance to ask questions. After all questions are answered, the Board will go to a separate room, and the community will vote to elect or re-elect each eligible Board member. Below are bios of Members presenting.

Please join us for this very important meeting!!!

Board Members presenting for election and re-election are:

Andrew Forbes worked for over 30 years in administration and management of services and supports for people with developmental disabilities and their families. In Massachusetts, he worked as a Unit Director and Chief of Service in an institutional setting, with a focus on community placement and regional coordination. Andy later served as Director of Personnel. He moved to New Hampshire and worked for an Area Agency where he managed community-based residential and day services, finishing his career as Director of Regional Planning and Case Management.

Paul Marinelli is a Massachusetts native who has lived in NH with his wife Marilyn since 2002. He is trained in Finance and has held numerous positions in financial management and has been a business owner since 1995. His present business is Yankee Barn Homes in Grantham, NH. In addition to his position on the Stepping Stone Board, he serves on the Board of Friends of Veterans VT/NH, which provides housing assistance to Veterans, and on the Finance Committee at Quechee Lakes. He also has experience with support groups addressing mental health and substance abuse issues.



Thanksgiving Lunch

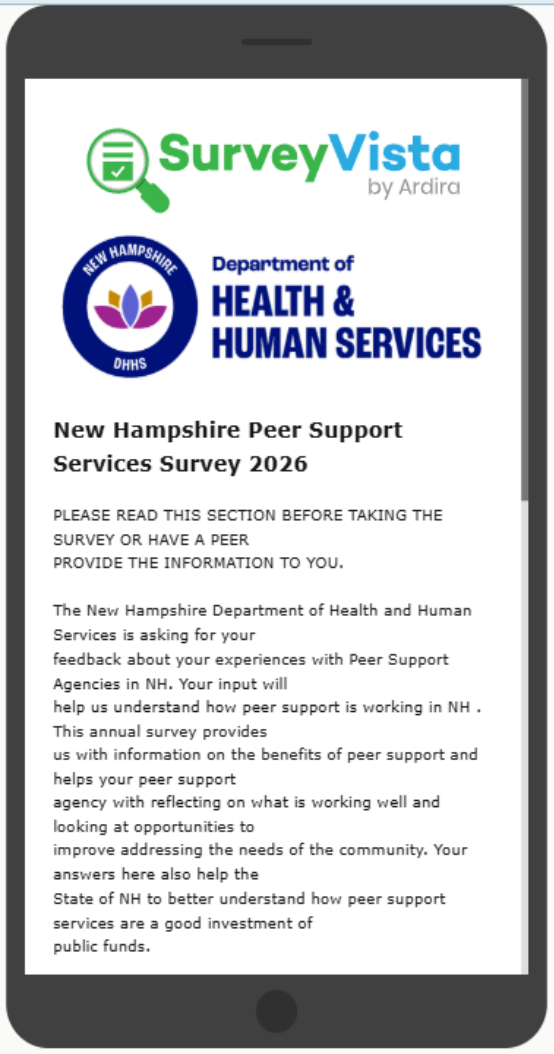
Tuesday, 11/24, 1-3 PM, Stepping Stone

Please sign up at either location for an accurate food count and at Next Step for transportation.

Sign-up Deadline: Friday, 11/13/2026



Friendly reminder that Daylight Saving Time ends 11/1. Yes, it's that time of year again where we set our clocks back an hour.



We THANK YOU for sharing your thoughts and hope you will enjoy the report on NH Peer Support when it becomes available.

NH Peer Support Services Survey 2026

We want to hear about your experiences at Stepping Stone and Next Step Peer Support Centers.
Share your thoughts through our satisfaction survey!

The survey is **ANONYMOUS**. The survey is **VOLUNTARY**.
The survey is **CONFIDENTIAL**.

Instructions

To complete the survey on-line using Stepping Stone or Next Step computers:

1. Double-click the icon for the survey.

To complete the survey on-line from a different computer:

1. Open your Internet browser.
2. In the menu bar at the top of the screen type https://nh-dhhs.my.site.com/Survey/response?su=ZrQ7DS

To complete the survey on your phone or tablet, scan the code:

In all cases:

- EVERY ITEM requires an answer for the survey to be valid. Some items include the choice of "I prefer not to answer."
- Read and follow the instructions. Please complete the survey all at once. When you are finished with the survey, click Done, then close the application.
- If you need assistance, please ask for help or make an appointment with Shanon or another staff person.

To complete a paper copy:

1. See a staff member to get a paper survey and an envelope.
2. Write your name on the top of the survey. This is the only way we can make sure the survey is completed once only.
3. Follow the instructions.
4. Put your completed survey in the envelope and give the envelope to staff working that day. Surveys will be entered by Shanon or Chris. We will keep your answers confidential.

Save the Date

Members Holiday Party: Thursday, 12/17/2026
When: 12-2 PM
Where: Next Step

Sign-up sheets will go up with more information. If you have questions, contact Shanon Laferte at 603-543-1388.

Election Day is Tuesday, November 3, 2026! Let your voice be heard!

NEW HAMPSHIRE SECRETARY OF STATE DAVID M. SCANLAN

KNOW BEFORE YOU GO

Live Free or Die!

BEFORE YOU GO TO THE POLLS ON ELECTION DAY:

1 DATES & HOURS OF YOUR POLLING LOCATION

Verify the date and time of an election. Cities and towns will post this information in multiple places. Check these places for election day information.

- city/town website
- town hall
- post office
- fire dept
- community center

2 TYPE OF ELECTION.

- Primary?
- General?
- City/Town?

Moderators and other election officials must adhere to specific election guidelines depending on the type of election.

3 WHERE TO VOTE



Some towns have a different polling location for a town election than they do for a state or federal election.

4 THE CANDIDATES

Educate yourself on what issues the candidates support Before You GO to vote.

Think about which candidate is best for the position.



5 REGISTER TO VOTE

If you wish to register to vote, you will need documentation proving identity, age, US citizenship*, domicile in the town/city ward you seek to vote.



*If you do not possess documentary proof of US citizenship, you can sign qualified voter affidavit

6 IF YOUR NAME HAS CHANGED

(even if you are already a registered NH voter), bring court-ordered documents that prove your name change. Some document examples would be:

- Birth Certificate
- Marriage License
- Divorce Decree
- Adoption Papers



*You may obtain a copy of a certificate at the town/city clerk's office where the event occurred, or contact the NH Vital Records Department.

7 HOW TO PROPERLY FILL OUT YOUR BALLOT



Fill in each oval completely, or follow the instructions on how to properly mark your ballot.

LOCAL AND STATE ELECTION OFFICIALS ARE YOUR TRUSTED SOURCE OF ELECTION INFORMATION #TRUSTEDINFO

VERSION SUMMER 2026

To find your current State Senator: https://gc.nh.gov/senate/members/wml.aspx and enter your town.
To find your current State Representatives: https://gc.nh.gov/house/members/
To find your current US Senator: https://www.senate.gov/states/NH/intro.htm
To find your current US Representatives: https://www.house.gov/representatives/find-your-representative and enter your zip code
To find a list of your candidates: https://mm.nh.gov/files/uploads/sos/docs/2026-ge-candidate-list.pdf

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 support is free to NH residents.

HIV/HCV Resource Center

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

Quote of the Month

"Two things to remember in life, take care of your thoughts when you are alone, and take care of your words when you are with people."

-Lorde

-born November 7, 1996



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.



HEADREST
DAY AND NIGHT

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

tlc RECOVERY PROGRAMS

62 Pleasant St.
Claremont, NH 03743
603-287-7127

tlc FAMILY RESOURCE CENTER

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.

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

SCS



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 us 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 changes 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

******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 us 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 it 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.

Monadnock Miles & Smiles – Do you want to be more active and have fun doing it? Join Bob every other Friday for walking and activities.

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
162 1st NH Turnpike, Northwood, NH 03261
603.427.6966 Office; 603.373.6519 Fax
susd@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@heartspsa.com

Monadnock Area Peer Support
24 Vernon Street, Keene, NH 03431
603.352.5093 Office; 603.550.5506 Fax
mps_susd@monadnockpsa.org

On the Road to Wellness
59 Sheffield Road, Manchester, NH 03103
603.623.4523 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
Monday, 11/2, 11 AM-12 PM
Next Step

Monday, 11/9, 2-3 PM
Stepping Stone

Educational Event
Tuesday, 11/3, 1-2 PM, Stepping Stone
Sexual Harassment with Shanon Laferte

Pizza Party (homemade)
Thursday, 11/12, 1-3 PM
Sign up for transportation from Next Step
and pay your $1 deposit

Annual Board of Directors Meeting
Thursday, 11/12, 3:30-4:30 PM
Stepping Stone or
via zoom:
via computer:
https://us02web.zoom.us/j/86492612589?pwd=IweyLIDZnZzgCyFbhhgDUdekkbsFbw.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:
+13126266799 US (Chicago)
+16465588656 US (New York)
Meeting ID: 864 9261 2589
Passcode: 894390

NH Mental Health Peer Alliance
Tuesday, 11/17, 10 AM—12 PM
via computer or smartphone:
https://us02web.zoom.us/j/84071785517?pwd=Z2FrNnRyenBnWDcyQU40ck5hQlozZz09
Meeting ID: 840 7178 5517
Password: 269641

Thanksgiving Eats, Stepping Stone
Tuesday, 11/24, 1–3 PM
Please sign up at either location for an accurate food count.
Sign up at Next Step for transportation.

Educational Event
Wednesday, 11/25, 1-2 PM, Next Step
Sexual Harassment with Shanon Laferte

NH Behavioral Health Planning & Advisory Council
Meets quarterly in January, April,
July, and October.