

Community Meal Menus

Stepping Stone

- 12/6 Cheese Burger w/fries
Salad**
- 12/13 Goulash
Salad**
- 12/20 Chicken legs w/mashed potatoes/veggies
Salad**
- 12/27 Hotdogs w/chips/beans
Salad**

Next Step

- 12/7 Pasta w/meat sauce
Salad**
- 12/14 Chicken drumsticks
Salad**
- 12/21 Pork Stir Fry
Salad**
- 12/28 Cheese Ravioli
Salad**

Recipe of the Month - Gluten free Peanut Butter Cookie

1 cup peanut butter 1 egg
1 tsp. vanilla 1 cup sugar

Preheat oven to 350°F.
Combine all ingredients.
Drop by spoonful on greased cookie sheet.
Bake for 5-7 minutes.
Cool completely & enjoy!



On the 3rd Friday of every month at Stepping Stone, we have a cake to celebrate all the birthdays in the month. Please join us for cake and celebration.

Giving Back

We believe it is important to give back to our communities. If you have an idea for community volunteering or donations, or if you volunteer and want to be recognized, please see Shanon or Mark. Here's what we're doing now:

Arbor View visit: In November, we had a great conversation about things we are grateful for, and we shared some stories about past memories around the holidays. It was nice to hear other perspectives. In December, we plan to celebrate the holidays together. If you want to join us, please sign up at either site.

Claremont Fire Department: A Member volunteers to help outside.

Claremont Soup Kitchen: A member volunteers putting together food boxes.

Dartmouth-Hitchcock Medical Center: A Member in Lebanon volunteers in the housekeeping department and helps with BINGO preparation.

Grafton County Senior Center: A Member in Lebanon volunteers at the front desk and waitresses when needed. She also puts together meals for Meals on Wheels.

Meals on Wheels: A Member in Lebanon volunteers to deliver meals.

IT'S PARTY TIME



Celebrate the Holidays!!!

Tuesday, 12/13, 12:30–3:30 PM,
Next Step

Friday, 12/16, 2–4 PM,
Stepping Stone

Board of Directors News

We're looking for talented and thoughtful volunteer Board members. If you can contribute your time and ideas and are interested in exploring this opportunity, contact Shanon Pyatt at 603 543-1388, and she will put you in contact with the Board member in charge of Board Recruitment.



An affiliate of
Face It TOGETHER

Newport

65 Park Street Unit 2
Newport NH 03773
(603) 865-5374

Claremont

169 Main Street
Claremont NH 08743
Tel. (603) 287-7919

Our Recovery Centers are safe places where recovery development occurs and where individuals will be matched with people offering recovery support services. Our centers are a place where you will be heard; a venue for healthy, drug and alcohol free socialization; and family supports for all stages of recovery. We respect all pathways to addiction recovery and will help individuals and their families with access to supports that work for them. <http://www.hopefornhrecovery.org/our-centers>

Do You Or Someone You Know Struggle With Addiction or Substance Use?

Have questions about what to do next?

Your Recovery Is Our Priority!
Call the NH Statewide Addiction Crisis Line

1-844-711-HELP

hope@keystonehall.org



Confidential

Judgment-free

24 Hours a day

7 Days a week

Upcoming Events & Meeting

Community Meetings

Stepping Stone, Tuesday, 1-2PM
Next Step, Wednesday, 1-2PM

Newsletter Workgroup

Monday, 12/12, 9:30–11:30 AM
Stepping Stone
Sign up for transportation
from Next Step

2016 NH PSA CONFERENCE

HOLIDAY INN, CONCORD, NH
Wednesday, 12/14, 8:30 AM–4:00 PM
This annual conference will feature a keynote speaker and workshops targeted for Members, staff members, and Board members of peer support agencies. Agenda details will follow.

Educational Event

Office of Consumer & Family Affairs
with Tom Grinley
Tuesday, 12/20, 1 PM
Stepping Stone

AVA Gallery Holiday Exhibition & Lights at La Salette

Tuesday, 12/20, 4-6 PM
Sign up for transportation from either site

Educational Event

Office of Consumer & Family Affairs
with Tom Grinley
Wednesday, 12/21, 1 PM
Next Step

Arbor View Connection

To be announced

Consumer Council Meeting

No meeting in December

Board of Directors Meeting

No meeting in December

NH Mental Health Planning & Advisory Council

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

Please see information posted at both sites

Stepping Stone and Next Step Peer Support and Crisis Respite Centers is a private, not-for-profit agency dedicated to promoting emotional wellness and recovery. We provide consumer-run services designed and driven by consumers to best meet their own needs. We are committed to the creation of a safe, supportive, and educational environment for people with mental health challenges. Members apply real life experiences to help themselves and their peers attain wellness while casting off the victim identity and replacing it with personhood. We are funded primarily by the NH Department of Health and Human Services, Bureau of Mental Health Services (BMHS). Our supports are free to NH residents.

“I’m not a saint. I’m not an angel. I’m a human being.”

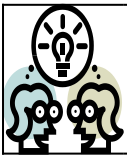
-Annie Lennox

-born December 25, 1954

Check out our website:

www.steppingstonenextstep.org

A work in progress—we continue to improve its content. Stay tuned for updates.



Suggestion Boxes are at both sites for your ideas and suggestions regarding the centers. If you have an idea for Member fundraising, please put it in the box. Please place your constructive suggestions in the box. Your name is optional.



How to Reach Us

Stepping Stone

Phone: 543-1388

Fax: 543-0131

Center hours:

Sunday 11AM–3PM

Monday–Thursday 9AM–4PM

Friday Noon–7PM

Saturday 11AM–4PM

Peer Respite

Our program is free to NH residents who meet the guidelines of being at risk for using mental health services, are already using mental health services, or are referred by other services. Call 543-1388 for more information.

Next Step

Phone: 448-6941

Fax: 448-0702

Center hours:

Monday–Thursday 9AM–5PM

Friday 11AM–6PM

Saturday 11AM–4PM

Peer Support Warmline

Our Warmline is available 5–10PM, seven days a week. To access our Warmline, call 543-1388 or 543-0920. If calling long distance within NH, call toll free at 1-888-582-0920.

WE’RE GOING DIGITAL!!

In an effort to reduce costs, we need to reduce the number of Newsletters we send in the US mail. Please consider accessing your Newsletter via email or our website.

The October issue included a postage-paid postcard where you can indicate your choice. Please fill out the postcard and mail it back to us and we will make the necessary changes.

Editor: Shanon L. Pyatt