

Community Meal Menus

<u>Stepping Stone</u>		<u>Next Step</u>	
7/2	Chili dogs/chips Salad	7/3	Hotdogs/pasta salad Salad
7/9	BBQ Chicken/potato salad Salad	7/10	PB & J or Egg salad/chips Salad
7/16	Spaghetti/meat sauce/garlic bread Salad	7/17	Meatballs/elbows/garlic bread Salad
7/23	Chef's Choice Salad	7/24	Hotdogs/mac & cheese Salad
7/30	Egg salad finger rolls/chips/fruit salad Salad	7/31	Baked Chicken/stuffing Salad

Recipe of the Month - Coconut Macaroons

- 1 can condensed milk
- 16-ounces unsweetened coconut flakes

Preheat oven to 350°F. In a small bowl, mix together coconut flakes and condensed milk. Scoop one inch size balls of coconut mixture onto greased baking sheet. Bake until tops are golden brown, about 8 minutes.



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. Here's what we're doing now:

Arbor View visit: In June, we planted seeds and shared about growing. That we need different things in order to grow. If you want to join us in July, 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.

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. A Member in Claremont helps package meals.

Sullivan County Health Care: Two Members go there periodically and do a sing-along with nursing home residents.

Turning Point Network: A Member offers to talk with folks that come. She supports them through difficult times.

Valley Regional Hospital: A Member volunteers to answers phones and direct people to where they need to go.

Woodlawn Nursing Home: A Member volunteers time once a week.



Picnic

Saturday, 7/20, 12 –2 PM.

Claremont

Sign up for transportation from
Next Step.

Peer Respite in New Hampshire

The Stepping Stone Drop-In Center
Assn.
108 Pleasant Street
Claremont, NH 03743
Telephone: (603) 543-1388

The Alternative Life Center (ALC)
6 Main Street, PO Box 241
Conway, NH 03818-0214
Telephone: (603) 447-1765

HEARTS Peer Support Center of
Greater Nashua
5 Pine Street Extension Suite 1-G
PO Box 1564
Nashua NH 03060
Telephone: (603) 864-8769

Monadnock Area Peer Support Agency
64 Beaver Street
Keene, NH 03431
Telephone: (603) 352-5093

Consumer Council—There is no meeting in July.

The Giving Room

Come browse items donated by Members which can be taken free of charge by other Members. Details are available at both Centers. Please contact Shanon or Amber before you drop off donations.



Location

1 Pleasant St., Suites 104 and 105
Claremont, NH 03743
603-287-7127

Facebook

<https://www.facebook.com/pg/recoveryresourcecenter>

We believe that the key to long-term recovery is a strong foundation of support and community. The Center is a communal space for individuals and families seeking support for substance misuse and addiction-related issues. 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 Svcs

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 542.3160 for more information about the Emergency Shelter Program or Housing Stabilization Counseling.

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, 1-2 PM

Next Step, Wednesday, 1-2 PM

NH Mental Health Planning & Advisory Council

Tuesday, 7/9, 9:30 AM-1 PM

Fox Chapel, BMHS, Concord
Please see information posted at both sites.

Newsletter Workgroup

Monday, 7/8, 9:30-11:30 AM

Stepping Stone

Sign up for transportation from Next Step.

Arbor View Connection

Monday, 7/8, 1 PM

Sign up for transportation from either site.

Board of Directors Meeting

Wednesday, 7/10, 3:30-4:30 PM

Stepping Stone

Sign up for transportation from Next Step.

Educational Event

DRC with Stephanie Patrick

Wednesday, 7/17, 1 PM

Next Step

Picnic

Saturday, 7/20, 12-2 PM,

Claremont

Sign up for transportation from Next Step

Educational Event

DRC with Stephanie Patrick

Tuesday, 7/30, 1 PM

Stepping Stone

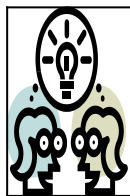
Mission Statement: To support our mental health peers on their personal paths towards wellness within a community free from judgment where we share feelings, experiences, and tools in a respectful way.

-Adopted 3/13/19

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.

“I don’t care how busy I am-I will always make time for what’s most important to me.”

-Kevin Hart
-born July 6, 1979



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.

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 give your contact information to the Board member in charge of Board Recruitment.

How to Reach Us

Stepping Stone

Phone: 543-1388

Fax: 543-0131

Center hours:

Sunday 11 AM–3 PM

Monday–Thursday 9 AM–4 PM

Friday Noon–7 PM

Saturday 11 AM–4 PM

Next Step

Phone: 448-6941

Fax: 448-0702

Center hours:

Monday–Thursday 9 AM–5 PM

Friday 11 AM–6 PM

Saturday 11 AM–4 PM

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.

Peer Support Warmline

Our Warmline is available 4–9 PM, seven days a week. To reach our Warmline, call 543-1388. If calling long distance within NH, call toll free at 1-888-582-0920.



Editor: Shanon L. Pyatt