

**STEPPING STONE & NEXT STEP  
PEER SUPPORT & RESPITE CENTERS  
MAY 2020—ABBREVIATED**

*Stepping Stone*  
108 Pleasant Street  
Claremont, NH 03743  
603-543-1388

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

[www.steppingstonenextstep.org](http://www.steppingstonenextstep.org)

**Staying home  
saves lives.**

**#AloneTogether**

Next Step, Stepping Stone, and Peer Respite are closed during Governor Sununu's Stay-at-Home Order in effect through 5/4/20, and we are awaiting further guidance from Governor Sununu.

We will send a full Newsletter as soon as we know what the rest of May will look like.

*In the meantime here are ways to Connect with us:*

**CALL US:**

Daytime: Monday-Friday, 9 AM-3 PM, at 448-6941, 543-1388 or 1-888-582-0920

Warmline: Sun, Mon, Wed 4-9 PM; Tue, Thu, Fri, Sat 4-8 PM, at 543-1388 or 1-888-582-0920

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**FACEBOOK GROUP:**

Join our private group and post any time of the day or night. We will check the group periodically every day. Go to <https://www.facebook.com/ssdica> and click *Visit Group*, click *Join Group*, answer 1 question, agree to Group Rules, and select *Submit*.

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**ZOOM GROUPS:**

**Daily Check-in:** Monday-Friday, 9-10 AM

This is an opportunity to share what is going on and hold space for all with patience and no judgement.

**Computer:** Go to <https://zoom.us/j/641939622>

**Zoom App** on your Smartphone or tablet: Select *Join a Meeting* and enter Meeting ID 641939622

**Phone:** Call 1-646-558-8656 When asked enter Meeting ID 641939622# When asked for a password press #

**Intentional Peer Support:** Monday-Friday, 11 AM-Noon

We'll use the 4 Tasks and 3 Principles to frame discussions on building mutual relationships.

**Computer:** Go to <https://zoom.us/j/95084929764>

**Zoom App** on your Smartphone or tablet: Select *Join a Meeting* and enter Meeting ID 95084929764

**Phone:** Call 1-646-558-8656 When asked enter Meeting ID 95084929764# When asked for a password press #

**Let's WRAP!:** Monday-Friday, 1:30-2:30 PM

Come explore WRAP® and the many ways we can use it to support ourselves and each other.

**Computer:** Go to <https://zoom.us/j/477821098>

**Zoom App** on your Smartphone or tablet: Select *Join a Meeting* and enter Meeting ID 477821098

**Phone:** Call 1-646-558-8656. When asked enter Meeting ID 477821098# When asked for a password press #

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**PLEASE REMEMBER** Member Rights and Responsibilities hold true when participating in Facebook and zoom groups.

**UPDATES** will be posted on our website: [www.steppingstonenextstep.org](http://www.steppingstonenextstep.org)