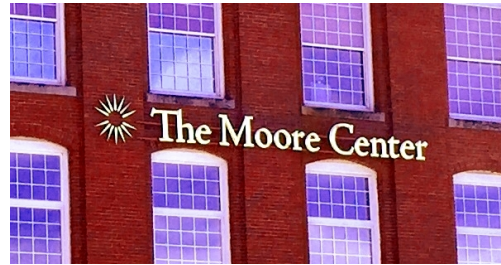




The Moore Center
Creating opportunities for a good life.™

From Sesame Street to Dale Carnegie!

What do Sesame Street and Dale Carnegie have in common? They're among the many organizations stepping up to offer some type of support to help families through this crisis. We try to share a variety of resources to help people find a little help with whatever they may be facing.



If there's something you need, let us know and we'll do our best to assist in finding help.

Sesame Street Offers Free Content for Play and Learning



Your friends on Sesame Street are here to support you during the COVID-19 health crisis, as families everywhere are creating a "for now normal." Children thrive with structure in their lives, and they learn best through play—even in everyday moments. So our site is filled with content you can use all day long to spark playful learning, offer children comfort, and focus a bit on yourself, too. After all, it's important that we take care of ourselves, so that we can best care for our families.

Sesame Street

The Family Support Warm Line



Stresses are high. Struggles are huge. Families are worried. And, we couldn't think of a better time to establish a Family Support Warm Line!

The Waypoint Family Support Warm Line is a free phone-in service where

callers can talk confidentially to a family support professional to get help with everything from coping strategies, child behaviors, family dynamics, household management and emotional distress, to gaining access to tools, resources, and services that can help navigate life during challenging times. Callers may need advice or just a trusted, nonjudgmental ear. Either way, it's a good way for families to feel less isolated and more supported.

To reach us for assistance, please call 1-800-640-6486 or email info@waypointnh.org.

[Visit their website](#)

Audible is Offering Free Stories



Audible, an Amazon company, is offering lots of free content for kids and families. It includes Stephen Fry's brilliant performance of the first Harry Potter title: **Harry Potter and the Philosopher's Stone**. From Audible's website:

"For as long as schools are closed, we're open. Right now, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.

All stories are free to stream on your desktop, laptop, phone or tablet. Explore the collection, select a title and start listening. It's that easy."

[Audible Stories for Kids](#)

Dale Carnegie Webinar: Managing Stress in Uncertain Times



Thursday, April 16, 2020 - 12:00 PM – 12:45 PM EDT

With the changes we are facing right now, people are no doubt looking for strategies to move forward, stay positive and not be overwhelmed.

Uncertainty, change, the unknown are all contributors to stress and anxiety. Learn effective ways to handle stress from the organization who's founder literally wrote the book on stress and worry, Dale Carnegie. How to Stop Worrying and Start Living, was first published in, 1948.

You'll leave the webinar with shared stories on handling stress and a great discussion around principles that can help.

[Register Here](#)

Zumba, Yoga & More! Living Well at Home with Virtual Wellness Classes



Free - Brought to by Harvard Pilgrim Health Care

Whether you are looking to shake it up or stretch it out, we've got you covered with new Zumba and yoga classes just added to our Living WellSM at Home programs. All our Living Well at Home programming is easy to access via Zoom and at no cost to you.

As your guide to living well, our goal is to help you gain a healthier mindset, lower stress and anxiety levels, sleep better, and learn how to approach life in this uncertain time.

[See All Available Classes](#)

Bridgewell Behavioral Health Services



Bridgewell offers Music Therapy, Dance Parties, Art Therapy, Yoga, Support Groups, and more!

They strengthen communities by providing an unmatched range of social and human services that empower people with disabilities and other life challenges to live safe, self-directed and productive lives. Check out all of their wonderful events.

[See All Events](#)

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