

What's "new at NAMI NH" Newsletter

April 2009

News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

Upcoming Events –

Spring Affiliate Leader and Teacher Meeting-

Saturday May 16, 9-1:30 in Conference room c at the New Hampshire Hospital. Guest speakers: Bernie Seifert on the new NAMI NH education program "Side by Side" and Michael Cohen will join us to provide an overview of the state budget and implications for NAMI NH, our program plans, including new initiatives, and advocacy efforts. Plus leader networking and lunch. Invitations are in the mail!

"Resiliency: Building a Sense of Competency in Children"

Presenter: Jackie Cowell, Executive Director, Early Learning NH

We all benefit when every child has the opportunity to reach their full potential. But, nothing means more than knowing the child we love or care for has that chance. Come hear how we all can build a sense of competency in the children we love, we care for, and whom we meet every day. Like us, children want to be loved and feel like they belong. They want the opportunity to participate in a meaningful way and feel a sense of true achievement. These are gifts we can give them. We'll discuss ways we can help them discover and nurture their own, unique "spark" and instill a lifelong sense of "resiliency," the ability to "bounce back" from stress or hardship.

Date: Thursday, May 7, 2009 6:00 p.m. to 8:30 p.m.

Location: Holiday Inn, 172 No. Main Street, Concord, N.H.

Registration Fee: \$5.00 includes presentation, and light dinner.

(Registration required on or before May 1, 2009—Limited Seating)

This evening event is for parents and primary caregivers of children and adolescents, Foster parents, child care providers and after school program staff.

To register contact Sarah Wellman at swellman@naminh.org or 225-5359 x 22

Preventing Suicide Conference

Friday November 6 8-4:30 at the Waterville Valley Conference Center

Plenary and workshops on varied related topics. For more information contact Cindi Lapointe at 653-8360 or cindi.lapointe@dartmouth.edu

What's New

The new NAMI NH marketing materials are here! Some of you had a peak at them at the Family conference. We will be distributing them at the Affiliate Leader/Teacher meeting in May. In addition to new posters and

brochures we also have new copies of “Hope and Help”, a membership brochure and a great new anti-stigma poster. If your group is involved in a presentation or health fair we now have the “pull up banners” available to share with Affiliates.

Opportunities

“Life Interrupted” and “In Our Own Voice”

Bust Stigma; promote these presentations at your work place and in your community. For details contact Annette.

NAMI Walk 2009 Planning Committee needs you!! Be a part of NAMI NH’s largest event of the year. Contact Lynette Gorman at lgorman@naminh.org

Now in the NAMI NH resource center

The Face in the Window by Regina Hanson

In the luminous setting of contemporary Jamaica, West Indies, Regina Hanson offers a vivid, reassuring story about the rift mental illness imposes between people, and how the gift of kindness can work to bridge this distance.

If you would prefer not to receive this email newsletter, please email me to be removed from the distribution list. Please contact me with questions, needs, and news of your groups and classes at acarboneau@naminh.org or 1-800-242-6264 ext 25

Annette