

What's "new at NAMI NH" Newsletter January 2009

News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

Upcoming Events for the New Year-

Support Group Facilitator Training-

This 3 part training to be held over the course of 3 Saturdays, March 14 & 28 and April 25 from 9-3:00. This training is essential to expand your group's leadership teams and for the creation of new groups. There are many communities that do not have a NAMI NH support group, if you know of someone that might be interested in starting a group in a new community please talk to them about this opportunity. **Please ask your group members to consider this training or forward candidates names and contact information to Annette.**

NAMI NH Family and Consumer Conference- "All Together Now"

Save the date- Saturday April 18th- Key Note Speakers, Workshops for all interests and a volunteer appreciation ceremony!

Spring Affiliate Leader and Teacher Meeting-

Saturday May 16- Details upcoming

Opportunities

NAMI NH Annual Award Nominations

Nomination forms will be sent out in January, if there is a person you know that deserves recognition, consider writing a nomination!! Categories for 2009:

- Therapist (Social Worker, Psychologist, Pastoral Counselor etc.)
- Educator
- Mental Health Administrator
- Media Award (Newspaper, Radio, TV etc.)
- Systems Change Award
- Legal/Law Enforcement
- Unsung Hero (an exceptional individual whose actions have influenced others)

NAMI NH Walk Committee

The walk planning has started for the 2009 NAMI NH walk, below are the list of Sub-Committees that might interest you. For more information please contact Lynette Gorman at lgorman@naminh.org.

- **Sponsor/Raffle Sub-Committee**
- **Walk Day Logistics Sub-Committee**
- **Entertainment Sub-Committee**

Did you know?

Procedural Safeguards Handbook for Special Education. The Individuals with Disabilities Education Act (IDEA 2004) requires the School systems to provide this handbook to parents once per year. This handbook is available on the Department of Educations website or you can request a copy on CD from the Department of Education, 101 Pleasant St., Concord, NH 03301 Citizens Service Line 1-800-339-9900.

What's New?

Gearing up for 6 Family to Family classes around the state for Spring 2009!!

In Nashua starting Monday March 2nd, to register contact Scott and Norma Smith at ssmith411@aol.com or 882-6771.

In Portsmouth starting Tuesday March 3rd, to register contact Diane Cyr at dcyr@smhc-nh.org or 431-6703 x 3167

Additional locations and start dates to be announced.

Parents Meeting the Challenge Classes

Concord- This class will be taught over the course of 4 Saturdays at the NAMI NH office, starting February 7th. To register contact Sue Allen at sallen@naminh.org or 225-5359 ext 28

North Haverhill- this class will be taught on the 1st and 3rd Saturday of each month beginning February 7th to register contact Carrie at 1-802-222-4706 or email to its4amonatuesday@aol.com

NAMI NH Marketing Materials and Website Changes

The new brochures, posters and other marketing materials are in the final stages and should be ready to distribute in the next month In addition the NAMI NH staff and the Glen Group are busy re-vamping the NAMI NH website. I think you will find both the new materials and new website to be a refreshing change and family friendly! Stay tuned.

Now in the NAMI NH resource center

“The Asperger Parent, How to Raise a Child with Asperger Syndrome and Maintain Your Sense of Humor” By Jeffrey Cohen

In this “carry-on support group,” Jeffrey Cohen, father of eleven year-old Josh who was diagnosed with Asperger Syndrome at the age of five, examines what it’s like to be the parent of a child with AS—where the pitfalls are and how to do your best to avoid them. With a great sense of humor and welcome, at times unflinching honesty, Cohen looks at all the emotions associated with being an AS parent—worry, sadness, anxiety, joy, pride, fear, triumph – and offers a pat on the back, a shoulder to cry on, a kick in the pants or a warm hug, when needed. With an easy-to-read, anecdotal tone, The Asperger Parents provides essential information and emotional support without being clinical and dry.

And Again...

Many of you took support group posters to place in your communities. They have small yellow tear-off pads attached to them. We have plenty of replacement pads and we can send them to you. If you need them please contact Annette.

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 acarbonneau@naminh.org or 1-800-242-6264 ext 25

Annette