



## ***“Parents Meeting the Challenge”***

An 8 session educational program for parents and primary caregivers of children and adolescents with emotional and behavioral disorders

The National Alliance on Mental Illness NH (NAMI NH) is offering a **FREE 8-session educational program** for parents and primary caregivers of children and adolescents with serious emotional disorders. The curriculum will provide tools, strategies and information to help parents meet the challenges of parenting a child with emotional and behavioral disorders, to navigate and advocate for their child’s mental health needs. This program is taught by parents, with both knowledge and personal experience, who are specially trained in the program.

Call to learn more about this program by calling Susan Allen  
at 1-800-242-6264 ext. 28 or e-mail [Sallen@naminh.org](mailto:Sallen@naminh.org)

FALL 2009 Schedule ---Registration is Required

### **NASHUA**

Monday Evenings 6:00 p.m. to 8:30 p.m.  
Starting September 21, 2009-Ending November 16, 2009  
St. Joseph’s Hospital, 172 Kinsley Rd., Nashua, NH  
To register, contact Pam at 465-3319 or e-mail [Perrynpam@aol.com](mailto:Perrynpam@aol.com)  
or Susan Allen at NAMI NH 1-800-242-6264 ext. 28

### **ROCHESTER**

Thursday Evenings 6:30 p.m. to 8:45 p.m.  
Starting October 1, 2009-Ending November 19, 2009  
Frisbie Memorial Hospital, 11 Whitehall Road, Rochester, NH  
To register, contact Laurie at 332-5649 or e-mail at [Lfoster@metrocast.net](mailto:Lfoster@metrocast.net)  
or Susan Allen at NAMI NH 1-800-242-6264 ext. 28

### **LACONIA**

Second Monday of each month 6:00 p.m. to 8:30 p.m.  
Starting October 19, 2009 (12<sup>th</sup> is a Holiday)-Ending May 10, 2010  
Laconia Congregational Church, 18 Veterans Square, Laconia, NH  
To register, contact Susan Allen at NAMI NH 1-800-242-6264 ext. 28 or [Sallen@naminh.org](mailto:Sallen@naminh.org)

### **LITTLETON/WOODSVILLE**

Thursday Evenings 6:30 p.m. to 9:00 p.m.  
Starting October 15, 2009-Ending December 10, 2009  
Cottage Hospital, 90 Swiftwater Road, Woodsville, NH  
To register, contact Carrie at 802-222-4706 or e-mail [Its4amontues@aol.com](mailto:Its4amontues@aol.com)  
or Susan Allen at NAMI NH 1-800-242-6264 ext. 28

### **CONCORD**

One Saturday per month 9:00 a.m. to 12:00 p.m.  
Starting October 24, 2009-Ending May 22, 2010  
NAMI NH office, 15 Green Street, Concord, NH  
To register, contact Denise at 746-2205 or e-mail [Virginialady57@hotmail.com](mailto:Virginialady57@hotmail.com)  
or Susan Allen at NAMI NH 1-800-242-6264 ext. 28

### **MANCHESTER**

First and Third Thursday of each month 6:00 p.m. to 8:30 p.m.  
Starting February 4, 2010-Ending May 20, 2010  
Manchester City Library, 405 Pine Street, Manchester, NH  
To register, contact Jennifer at 627-7084 or e-mail [Jbennanh@aol.com](mailto:Jbennanh@aol.com)  
or Susan Allen at NAMI NH 1-800-242-6264 ext. 28

In case of inclement weather, call 1-800-242-6264 ext 28 on day of class to check for cancellation!  
NAMI NH – 15 Green Street, Concord, NH 03301



Program funded by the Family Mutual Support Grant through the NH Bureau of Behavioral Health