

What's "new at NAMI NH" Newsletter

September 2009

News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

Upcoming Events –

MIAW- Mental Illness Awareness Week

Sunday Oct. 4- **The NAMI NH Walk******* check in time 9:00 am, walk begins at 10:30am. It's not too late to gather your group or class members and walk together! For all the details go to www.naminh.org and click on the walk or contact Lynette at Lgorman@naminh.org.

Monday Oct. 5- Conference- Mental Health in Schools, Supporting Students with Emotional and Behavioral Disorders.

This day long conference will provide participants with the status of supporting students in their local schools and innovative models of support. It will include Stephen Norton, Executive Director of NH Center for Policy Studies as the Key note speaker. Also workshops, interactive breakout sessions and select clips from "Including Samuel".

Location: Southern NH University, River Rd., Manchester

Time: 9-3:00

Fee- \$75.00

For more information go to www.lod.unh.edu and click on Mental Health and Schools in the right hand column. Limited scholarships are available, contact Claudia at cferber@naminh.org or 225-5359 x 13

Tuesday Oct 6- National Day of Prayer- Churches around the state are encouraged to participate. NAMI NH will provide churches with information on suggested activities to help educate their congregations and eliminate stigma. For more information contact Claudia at cferber@naminh.org

Thursday Oct 8- Screening of "The Soloist" and a panel discussion at Red River Theatre.

For complete details on these events and others around the state go to: <http://www.naminh.org/MIAW2009.php>

Preventing Suicide Conference

Friday November 6 8-4:30 at the **New Location- Loon Mountain, Lincoln, NH**
Plenary and workshops on varied related topics. For more information contact Cindi Lapointe at 653-8360 or cindi.lapointe@dartmouth.edu

“It’s Your Move” Advocacy Training- November 7th 9-1:00pm Lunch included
Senator Sgambatti will be our guest speaker!

Please distribute the attached flyer to your groups and classes

Save the Date- Fall Affiliate Leader and Teacher Meeting- November 14th
Invitations will be sent out next week, please invite someone from your group or class to attend!

And Again....

NAMI Connection is a recovery support group program for people living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement, and hope.

NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness.

Each group:

- * Meets weekly for 90 minutes
- * Is offered free of charge
- * Follows a flexible structure without an educational format
- * Does not recommend or endorse any medications or other medical therapies

Parents Meeting the Challenge- New Class Schedule

Nashua- Monday nights 6-8:30pm- Sept 21-Nov 16

Contact Pam at 465-3319 or perrynpam@aol.com

Rochester- Thursday nights 6:30-8:45pm – Oct 1-Nov 19

Contact Laurie at 332-5647 or Lfoster@metrocast.net

Laconia- 2nd Monday of each month 6-8:30pm - Oct 19- May 10

Contact Sue Allen at 225-5359 or sallen@naminh.org

Littleton/Woodsville- Thursday nights- 6:30-9pm – Oct 24- Dec 10

Contact Carrie at 802-222-4706 or its41montues@aol.com

Concord- Saturday morning 9-12pm- Oct 24-May22

Contact Denise at 746-2205 or virginialady57@hotmail.com

Family to Family Teacher training-

January 8-10th contact Annette for details.

Opportunities

Road Trip! In an effort to keep your group members informed, we are traveling around the state and visiting with each group to share information about NAMI NH initiatives and hear from group members about what is important to them. Our first stops were the Portsmouth Family Group, the Bipolar Group and the Manchester Adult group. Please contact Annette to set up a date for the NAMI NH Road trip to attend your meeting.

Upcoming planning meetings-

The next NAMI NH Family Conference planning meeting will be held Wednesday September 30th, 4-5:30pm at the NAMI office. Everyone is welcome to join us in planning this event. If you are interested in volunteering for this event please contact Claudia at cferber@naminh.org.

Now in the NAMI NH resource center

Brandon and the Bipolar Bear, A Story for Children with Bipolar Disorder

By Tracy Anglada

This is a story about a young boy living with bipolar disorder. The Reader learns about symptoms, fears and treatment through the eyes of a child.

Did you know?

NAMI National has on line discussion groups that you can join through their website. Go to www.nami.org, scroll down to "Support" and click on "discussion groups", there you will find an extensive list of topics.

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