

# What's "new at NAMI NH" Newsletter

## October 2009

### News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

### Upcoming Events –

#### 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](mailto:cindi.lapointe@dartmouth.edu)

#### "It's Your Move" Advocacy Training- November 7<sup>th</sup> 9-1:00pm

Lunch included

Senator Sgambatti will be our guest speaker and help us understand how to be effective advocates. Come and learn how you can use your personal experiences to educate and create change – It's Your Move.

To register contact Annette at [acarbonneau@naminh.org](mailto:acarbonneau@naminh.org) or call 225-5359 x 25

#### **Please distribute the attached flyer to your groups and classes**

#### Save the Date- Fall Affiliate Leader and Teacher Meeting- November 14<sup>th</sup>

Invitations will be sent out next week, **please invite someone from your group or class to attend!**

#### 11<sup>th</sup> Annual National Survivors of Suicide Day- Saturday November 21

Thousands of suicide loss survivors will gather together around the world on this day of healing, support and empowerment. If you have lost someone in your life to suicide, please join this event. Local conference sites will simultaneously watch a 90 minute broadcast produced by the American Foundation for Suicide Prevention and will address the questions; Why did this happen? How can I cope? Where can I find support?

NH locations for this event include Durham, Lancaster, Merrimack, Portsmouth, Concord and Westmoreland. The event includes a light lunch from 12:30-1:00pm followed by the teleconference from 1-2:30 pm and concluded with support and sharing from 2:30-3:30. To register or for details contact Becky McEnany at [bmcenany@naminh.org](mailto:bmcenany@naminh.org) or call NAMI NH at 1-800-242-6264

#### Transition Planning Conference- Saturday December 5

This conference is for youth age 14-24 affected by emotional and behavioral disorders and their families and others interested in the transition planning process. Guest

speaker- Jonathan Mooney. There will be workshops, breakout sessions, lunch, raffle and an ice cream social. To register or for details go to [www.naminh.org](http://www.naminh.org) and click on Transition Planning Conference.

## Save the date- NAMI NH Family and Consumer Education Conference Saturday March 27, 2010

### 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- Upcoming classes

**Laconia-** 2<sup>nd</sup> Monday of each month 6-8:30pm - Oct 19- May 10

Contact Sue Allen at 225-5359 or [sallen@naminh.org](mailto:sallen@naminh.org)

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

Contact Carrie at 802-222-4706 or [its41montues@aol.com](mailto:its41montues@aol.com)

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

Contact Denise at 746-2205 or [virginialady57@hotmail.com](mailto:virginialady57@hotmail.com)

### Family to Family Teacher training-

January 8-10<sup>th</sup> contact Annette for details.

### Opportunities

#### Upcoming planning meetings-

The next NAMI NH Family Conference planning meeting will be held Wednesday November 11, 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](mailto:cferber@naminh.org).

### Now in the NAMI NH resource center

Why is Mommy Sad? A Child's Guide to Parental Depression

Paul D. Chan, MD

Why is Mommy Sad? This book helps kids understand why their parent seems tired all the time. It helps them see how depression causes parents to feel sad.

### Did you know?

1/3 of the nation's homeless are veterans. 45% of homeless veterans have mental illness.

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](mailto:acarbonneau@naminh.org) or 1-800-242-6264 ext 25

Annette