

What's "new at NAMI NH" Newsletter

January 2012

News to distribute and share with your groups and classes

Please share these updates with your support group and classes.

Upcoming Events ~

"It's Your Move" Advocacy training. January 21, 9:00am-1:00 pm
Free training ** Anyone Welcome** Lunch included** Registration Required

- How can you become an effective advocate?
- Learn about the NH legislative process
- Use your personal experiences as a foundation for needed change
- Learn what, when and how to share your message so it gets heard
- Changes in health care delivery - what you need to know
- How can one person make a difference for people affected by mental illness!

To register contact Annette Carbonneau at Acarbonneau@naminh.org or call 225-5359 x 25

Special Presentation- David Hunter at the Dover Group- January 27. 5:30-7:00pm

The NAMI Dover group is hosting a presentation by David Hunter on Lyme Disease. David is a long time Lyme advocate who provides these presentations in an effort to raise public awareness and correct the myths and misconceptions associated with Lyme Disease. This is an opportunity for families to learn more about this disease and how it can affect the brain.

Location: Wentworth Douglas Hospital, Great Bay Room, 789 Central Ave., Dover. Questions? Contact Leanna Kirk at 970-0614

***** NAMI NH Annual Awards Nomination now being accepted.

Deadline February 1, 2012

Every year NAMI NH solicits nominations for the NAMI NH Annual Awards that are presented at the NAMI NH Conference in the spring. The awards are given to those individuals that have gone above and beyond for people affected by mental illness. The 2012 categories are:

- Psychiatrist
- Mental Health Care Provider
- Youth Leadership
- Family Volunteer
- Consumer Empowerment Leader
- Legislative Leader
- Unsung Hero

For complete details, rules and to download a nomination form go to:

<http://www.naminh.org/about-us/annual-events/annual-awards>

Save the Dates!

Saturday March 24, 2012- NAMI NH Annual Conference

Saturday April 14, 2012- Affiliate Leader and Teacher Annual Meeting

Tuesday June 12, 2012- NAMI NH 30TH Anniversary Celebration and Annual Meeting will be held at the McLane Center of NH Audubon Society in Concord

Sunday September 30, 2012- NAMI NH Annual Walk

News-

First NAMI NH On-Line Parent Support Group

Online Meetings are held the 2nd and 4th Thursday of every month from 6-7:30pm- for more information or to join the meeting, go to: <http://www.naminh.org/support/online-support-groups>

Last month we listed several trainings that The Bureau of Behavioral Health was hoping to present. Governor and Council did not approve funding so those trainings and presentations will not be held.

Opportunities

Family to Family Courses- to register on line go to: <http://www.naminh.org/online-registration>

New London- Starts January 16th

Mondays 6:30 ~ 9:00 PM

Contact Patricia Whitney - 603.763.5054 or register on line.

Upcoming Spring classes to be also held in the following locations:

- Berlin
- Nashua
- Colebrook
- Portsmouth
- Manchester

Parents Meeting the Challenge Courses- to register on line go to: <http://www.naminh.org/pmc-reg>

Concord-Starts February 2, 2012 – March 29, 2012

Thursday evenings - 6:30pm to 8:30pm

Register on-line below or call 1.800.242.6264, ext. 28.

NAMI NH PMC Teachers: Darlene Hebert and Kerstin Dumas

Rochester-Starts February 8, 2012 – April 4, 2012
Wednesday evenings - 6:00pm to 8:30pm
Register on-line below or contact Heidi Matthews at 603.978.7872
NAMI NH PMC Teachers: Heidi Matthews and Carol Lemelin

Londonderry- Starts February 15, 2012 – April 11, 2012
Wednesday evenings - 6:00pm to 8:30pm
Register on-line below or call 1.800.242.6264, ext. 28.
NAMI NH PMC Teachers: Susan Allen-Samuel and Nanci Collica

Laconia- Starts April 12, 2012 – June 7, 2012
Thursday evenings - 6:30pm to 8:00pm
Register on-line below or call 1.800.242.6264, ext. 28.
NAMI NH PMC Teacher: Susan Allen-Samuel

Did you know?

....the phone number for the Suicide Prevention Lifeline??
1-800-273-TALK/8255 24 hours per day- 7 days per week.

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

Happy New Year!

Annette