

Training

LENGTH: This 18-hour training is conducted in multiple workshops

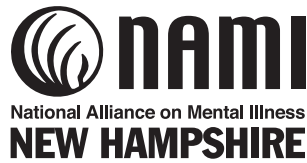
PARTICIPANTS: Those wishing to become a Support Group Facilitator

GOALS: Participants will learn

- the structures and group processes of the NAMI family support group model
- facilitation skills
- the means to manage negative group dynamics
- how to start and run a successful support group

LOCATION: NAMI NH

REGISTRATION AND INFORMATION: To schedule or attend a training workshop contact NAMI NH at 603.225.5359 or email info@NAMINH.org



FAMILY SUPPORT GROUP FACILITATOR TRAINING

NAMI NH FAMILY SUPPORT GROUP FACILITATOR training provides participants with the tools and techniques to facilitate a peer-run family support group. Participants learn facilitation skills and the specific methods of the NAMI support group model. This model keeps the group positive and constructive while allowing for group members to share their current concerns and emotions. The model also provides specific Structures and Group Processes that enable participants to facilitate crisis situations, negative thinking and disrespectful group members. Tools such as the Principles of Support, Emotional Stages and Problem Solving help group members to understand where their negative thinking originates and how to change that thinking so they can cope better and be available to support their family member.

Training workbooks and Facilitator Guidebooks are provided.

NAMI NH is a grassroots organization of and for people of all ages, their families and friends who are affected by mental illness. Our experience as family members coping with mental illness on a daily basis has taught us that our educational programs serve as vehicles for empowering families to help themselves, and learn new information and skills to promote the recovery of their loved one.

**NAMI NH 15 Green Street, Concord, NH 03301
603.225.5359 or 1.800.242.6264 • www.NAMINH.org**