

Parents Meeting the Challenge



FREE
8-Session Educational Program
for parents and primary caregivers of
children and adolescents with emotional disorders

REGISTER TODAY!

Class Schedule

Location

Winchester, NH

Program Dates

All classes will be held

Wednesday nights

6:00-8:30

September

25th

October

2nd, 9th, 16th, 23rd, 30th

November

6th and 13th

Parents Meeting the Challenge (PMC) is a program that provides tools, strategies and information to help parents and primary caregivers meet the challenges of parenting a child with an emotional disorder; and navigate and advocate for their child's mental health needs. The curriculum will cover:

- Brain Biology
- Common Childhood Emotional Disorders
- Developmental Stages
- Facing Mental Illness in the Family
- Self-Care
- Family Stressors and Service Needs
- Crisis Planning
- Negotiating the child serving systems
- Advocacy
- Communication
- Special Education

REGISTRATION IS REQUIRED!

Class is limited to 15 participants – so register early!

(FREE 8-Session Educational Program)

Register on-line:

at <http://www.naminh.org/pmc-registration>

Register via phone or email:

Contact Heidi Cantin at (603) 568-5771 or hcantin@naminh.org

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New Hampshire

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