



# PMC



## ONLINE LIVE!

### Parents Meeting the Challenge

**FREE 8-Session Educational Program for Parents & Primary Caregivers of Children & Adolescents with Social-Emotional Challenges**

**PMC Online LIVE!** is an online, live program allowing individuals anywhere in New Hampshire to participate. PMC provides tools, strategies and information to help parents (1) meet the challenges of raising a child with a social-emotional challenge and (2) navigate and advocate for their child's mental health needs.

The curriculum covers:

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

This program meets Thursday mornings:

**February 6 - April 2, 2020\*, 9:30 - 11:30 am**

Virtual Meet & Greet on January 30, 2020, 9:30 - 10:00 am

\*An extra week is built into the schedule for February vacation or other reasons for cancellation.

**For more information contact:** Heidi Cantin 603-225-5359 x310 or [hcantin@NAMINH.org](mailto:hcantin@NAMINH.org)

**To register:** [www.naminh.org/education/family-education/pmc-registration/](http://www.naminh.org/education/family-education/pmc-registration/) or scan the QR code to the right to go directly to the registration page.

Please note ~ [you will need a compatible computer or mobile device](#). Contact us for details.  
This program is offered free through funding from the NH Family Network Grant.



 **NAMI** | New Hampshire  
National Alliance on Mental Illness

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