

December



Join Us!

for ways to build a **POSITIVE MINDSET** by cultivating a growth mindset and finding the positives instead of the negatives; followed by a guided meditation for resilience and a positive focus.

Facebook **LIVESTREAM** Event
MONDAY, December 7, 6:30PM EST

BUILDING A POSITIVE MINDSET
Find more about Theo @ reachteachlive.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4	5	
			<u>"No Small Matter": film screening and discussion panel</u>		<u>NH Lived Experience Workforce Advancement Blueprint Session</u>		
	6	7		10		12	
		<u>Building a Positive Mindset: Facebook Live with Theo Pantley</u>	ONWARD NH Branford, Conn, Connect FREE Webinar Series Navigating the Holidays: COVID, Connection, and Self-Care Thursday, Dec. 10th 12:00 pm - 1:00 pm Join a basic group with both professional and lived experience on individuals and family members for a candid conversation about navigating the 2020 holiday season. Register for Zoom link: https://www.onwardnh.org For information and resources on early services for children, visit www.onwardnh.org Presented by: NAMI New Hampshire New Hampshire Area of the National Alliance on Mental Illness 1000 North Main Street, Suite 200 Manchester, NH 03103 Presented by: NAMI New Hampshire New Hampshire Area of the National Alliance on Mental Illness 1000 North Main Street, Suite 200 Manchester, NH 03103 Presented by: NAMI New Hampshire New Hampshire Area of the National Alliance on Mental Illness 1000 North Main Street, Suite 200 Manchester, NH 03103		<u>Navigating the Holidays: COVID, Connection, and Self-Care</u>		
	13	14		17		19	
		<u>Hope for the Holidays: An Interfaith Service of Hope and Healing</u>				PLEASE JOIN US VIRTUALLY... FRIDAY, DECEMBER 4TH 12 PM - 1:30 PM DRAFT CONTENT REVIEW & FEEDBACK SESSION NH Lived Experience Workforce Advancement Blueprint Please join us for updates on draft content areas and to share YOUR input on the development of the NH Lived Experience Workforce Advancement Blueprint. RSVP for Zoom Link: tinyurl.com/NHBlueprintDec <small>Presented by NAMI New Hampshire, with support from the NH Department of Health and Human Services Bureau of Mental Health Services.</small>	
	20	21	22			23	
				 and 10-15 horses on the farm at once. It is the high level of care provided for the horses that sets us apart. We are currently accepting applications for the 2021 season. We are looking for people who are passionate about horses and want to make a difference in the lives of the horses.			
		28	29			30	
		NAMI Basics Virtual Teacher Training January 29-31, 2021 NAMI Basics is coming to New Hampshire in 2021! Interested in learning more about becoming a NAMI Basics Teacher? Contact Michele Watson mwatson@NAMI.org Participant Perspectives "This is such a great step in the program that helps parents even more in the way of support and holding their hand through it." "The success is because of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. That support, caring and ready to go forward." "NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office." NAMI National Alliance on Mental Illness NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI has thousands of individuals and families across the country who are working to improve lives and provide essential education, advocacy and support services for people in need, including living with mental illness and their loved ones.					
		4				5	

SAVE THE DATES

NAMI Basics
National Alliance on Mental Illness

What is the NAMI Basics Education Program?
NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the stresses that are causing these behavioral difficulties, and the critical role families play in the treatment of these illnesses. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 18.

NAMI Basics Virtual Teacher Training January 29-31, 2021
NAMI Basics is coming to New Hampshire in 2021!
Interested in learning more about becoming a NAMI Basics Teacher?
Contact Michele Watson mwatson@NAMI.org

Participant Perspectives
"This is such a great step in the program that helps parents even more in the way of support and holding their hand through it."
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NAMI
National Alliance on Mental Illness

NAMI
New Hampshire
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Coming soon in January 2021 ...

- It's Your Move! Advocacy Trainings: Basic 1.0 & Advanced 2.0 - Next virtual session starts January 9th
- Cowboy Connections - UpReach Therapeutic Equestrian Center - January 7 - February 25
- NAMI Basics: Virtual Teacher Training - January 29-31

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**DRAFT CONTENT REVIEW &
FEEDBACK SESSION**
NH Lived Experience
Workforce Advancement Blueprint

Please join us for updates on draft content areas and to share YOUR input on the development of the NH Lived Experience Workforce Advancement Blueprint.
**RSVP for Zoom Link:
tinyurl.com/NHBlueprintDec**
Presented by NAMI New Hampshire, with support from the NH Department of Health and Human Services Bureau of Mental Health Services.

UpReach Therapeutic Equestrian Center
COWBOY CONNECTIONS
Unique experience while gaining life skills!
Designed for youth 8-13 years old, non-riding program!

Build friendships, with two-legged and four-legged friends!
SESSION DATES
Winter Session: January 7 - February 25, 2021
Spring Session: March 11 - April 25, 2021
Summer Session: May 13 - July 15, 2021
THURSDAYS, 4:00-5:30 pm

It's Your Move
Advocacy Trainings 2021
Basic 1.0 & Advanced 2.0
The most effective way our NH legislators and local decision makers learn about mental health needs is by hearing from YOU - their constituents!
Basic 1.0
Saturdays, January 9 & 16, 9am-10am
Thursdays, February 4 & 11, 5-6pm
Advanced 2.0
Saturdays, March 6 & 13, 9am-10am
Thursdays, March 11 & 18, 5-6pm
All sessions will be held virtually on Zoom. Training is FREE but registration is required!
<https://tinyurl.com/2021YVM>

NAMI
New Hampshire
It's Your Move is presented by NAMI New Hampshire with support from the Department of Health & Human Services, the New Hampshire Department of Health and Human Services and the New Hampshire Department of Health.