

“Parents Meeting the Challenge”

The National Alliance on Mental Illness NH (NAMI NH) is offering a FREE 8-week educational program for parents and primary caregivers of children and adolescents with serious emotional disorders. The program will provide tools, strategies and information to help parents to meet the challenges of parenting a child with emotional and behavioral disorders, to navigate and advocate for their child’s mental health needs. The curriculum will cover:

- *facing mental illness in the family*
- *family stressors and service needs*
- *basic concepts of emotional disorders*
- *crisis planning*
- *negotiating the mental health system and types of services*
- *special education*
- *advocacy*
- *communication*

This program is taught by parents who bring both knowledge and personal experience and have trained in the program.

Call to learn how this program can help you and your family.

Registration is Required

When: May 9th – June 27th Friday nights

Time: 6:30 - 9:00 pm

Where: Horse Meadow Senior Center

*Contact to register: Rebecca Ladd at
603-989-5476 or rrladd@myexcel.com*

We only have room for twelve people, call soon.