

JANUARY



SUN MON TUE WED THU FRI SAT

NH SYSTEM OF CARE COMMUNITY CALENDAR OF EVENTS

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 hearing from YOU — their constituents.

Basic 1.0
Saturdays, January 9 & 16, 9am-12pm
Thursdays, February 4 & 11, 5-8pm

Advanced 2.0
Saturdays, March 6 & 13, 9am-12pm
Thursdays, March 11 & 18, 5-8pm

All sessions will be held virtually on Zoom. Training is **FREE** but registration is required! <https://tinyurl.com/2021-ITM>

02

03

04

Habits for a great new year!



Theo will be reviewing some techniques from the past and discuss how we can integrate them into the new year for personal growth and wellness

Facebook LIVESTREAM Event
MONDAY, January 4, 6:30 PM EST
Habits for a great new year!

Find more about Theo @ reachteachlove.org

05

COWBOY CONNECTIONS
Unique experience while getting to know horses

Build friendships with two-legged and four-legged!

SESSION DATES:
Winter Session: January 17, February 25, 2021
Spring Session: March 11-April 29, 2021
Saturdays, 10am-12pm, 4pm-6pm

07

Cowboy Connections: Winter Session Begins!

09

It's Your Move! Advocacy Trainings: Basic 1.0 & Advanced 2.0



12

Starting at Zero: Screening & Panel

13

14

reach 1 teach 1 love 1 presents
PEER TO PEER BRAVING THE WORLD
FACEBOOK LIVE STREAM EVENT - JANUARY 15, 2021
7:00 PM - 8:30 PM

Jeremy Leah Marena Hannah Maggie

A "no filter" look into the lives of twenty-first century teens as mental illness rates continue to climb and the impacted ages get younger and younger. See how brave souls willing to share their stories are grappling with the hardships of being a teenager along with the impacts of mental health issues.

15

PEER TO PEER - Braving the World

16

In Our Own Voice Virtual Speaker Training

17

SAVE-the-DATE for a transforming conversation on:
New Hampshire's Juvenile Probation Transformation
Tuesday, January 19, 2021 12:00-1:00PM - Via Zoom
Registration link to be sent shortly

Juvenile Probation
100,000 youth in probation

What's it all about? Building off years of reform efforts and in partnership with a broad cross-section of local stakeholders, New Hampshire is launching an innovation and transformation of juvenile probation. With support and guidance from the Annie E. Casey Foundation and following its 50th anniversary program through Georgetown University's Center for Juvenile Justice Reform, the state's launch will involve a series of virtual sessions over the course of several weeks during mid-2021.

The January 19th "make-it-happen" Probation Transformation Conversation will provide an overview of the national context for this work and what it will look like for NH going forward.

The goal of the mid-2021 launch series is to build collective purpose and create momentum around probation transformation work, guided by candid discussions about New Hampshire's current probation data and practices and a commitment to new reality and recovery. Invited include juvenile justice system leaders and line staff, community partners, and impacted families.

Thought Leader: MICKY Berman of Lambda Justice Services
MICKY Berman of Lambda Justice Services
MICKY Berman of Lambda Justice Services
Georgetown University Center on Juvenile Justice Reform

No Invited Guest Discussion Network
Annie E. Casey Foundation
Annie E. Casey Foundation
Annie E. Casey Foundation

19

Probation Transformation Conversation

20

24

PARENT & CAREGIVER GROUPS

****Please note****
All meetings are being held virtually until further notice

LAKES REGION, NH
Contact: Trisha Hamel (603) 691-1497 or trishahamel@nami.org

NASHUA, NH
Contact: Pam Bessie (603) 448-5819 or pam@nami.org

ROCHESTER, NH
Contact: Carol Lussini (603) 964-2116 or caroll@nami.org

For meeting times and location, check with the local contact person, the contact email provided or scan the QR code below.

26

27

Community Conversations: Anxiety & Creative Solutions

COMMUNITY CONVERSATIONS
Anxiety and Creative Solutions

Join us for a FREE webinar:
• A screening of the documentary *Angst*
• A panel discussion immediately following addressing the impact of COVID-19 on the mental health of our youth, children and young adults.

SAVE THE DATE
Wednesday, January 27th
6:00-7:30pm
REGISTRATION COMING SOON

Rotary Club of Queen City-Manchester
NAMI New Hampshire
Bangor Savings Bank
You matter more!

22

In Our Own Voice
Your Story of Recovery with Mental Illness

Without you, we can't reduce stigma, change people's views of mental illness and inspire others by sharing your story of recovery! Make it happen by joining our story of recovery!

Register by **1/25/21** at <https://www.nami.org/2021-01-25>

The training includes 6 hours of training and 2 hours of networking and Q&A.

Our own voice speakers are invited to share their story of recovery with mental illness and how they overcame it. Speakers will be invited to share their story of recovery with mental illness and how they overcame it.

The training program includes:
• How to share your story
• How to share your story
• How to share your story

For more information, please contact training@nami.org

NAMI New Hampshire
100 North State Street • Concord, NH 03301 • 603-224-5254 • www.nami.org

30

January 29th-31st: NAMI Basics – Virtual Teacher Training

Do you struggle with your child's or teen's behavior? Please join us:

- To learn strategies on how to deal with challenging behavior
- To learn what resources are available to help you
- To meet other families who understand your situation
- To know that you are not alone in this journey

LAKES REGION, NH
Contact: Trisha Hamel (603) 691-1497 or trishahamel@nami.org

NASHUA, NH
Contact: Pam Bessie (603) 448-5819 or pam@nami.org

ROCHESTER, NH
Contact: Carol Lussini (603) 964-2116 or caroll@nami.org

For meeting times and location, check with the local contact person, the contact email provided or scan the QR code below.

CREATE YOUR OWN RANDOMIZED BINGO CARDS FOR FREE!
WWW.MYFREEBINGOCARDS.COM

To get your event added to future calendars submit our form here:
<https://tinyurl.com/NHCSOC-CommunityCalendar>

NAMI Basics
National Alliance on Mental Illness

What is the NAMI Basics Education Program?
NAMI Basics is a free, two-hour 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 disease that is causing these behaviors and difficulties, and the critical role families play in the treatment of those illnesses. The program is taught by trained teachers who are either 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
Interested in learning more about becoming a NAMI Basics Teacher?
Contact: training@nami.org

Participant Perspectives
"This is such a great way to keep programs that walk parents every step of the way. It's an honor and holding their hand through it all."
"The program is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all the information all my kids. It was inspiring, uplifting 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
100 North State Street
Concord, NH 03301
603-224-5254
www.nami.org

SAVE THE DATES