



# **Parents Meeting the Challenge Support Group**

*For parents and family members caring for a  
child or adolescent with emotional disorders*

**YOU ARE NOT ALONE  
WE CAN HELP!**

**Come and make important connections with others who:**

- Understand the challenges you face
- Share the same experiences
- Encourage you to use your coping skills

## **MEETINGS**

***When:*** 2<sup>nd</sup> Tuesday of every month

***Time:*** 6:00 pm to 8:00 pm

***Where:*** NAMI New Hampshire Office  
85 North State Street  
Concord, NH

***Contact:*** Rebecca Bennett at (603) 848-0873 or [rjcbennett176@gmail.com](mailto:rjcbennett176@gmail.com)

***NO REGISTRATION REQUIRED –  
NO REGISTRATION FEE!***

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

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