Building Community Resilience Education & Training Series

Our UNH Extension Building Community Resilience Team invite you, our community partners and participants, in the Kearsarge, Mascoma, and Greater Haverhill regions to take part in these upcoming opportunities to gain knowledge and skills to help build resilience for individuals, families, and the community at large. All of these programs are offered free of charge. Please consider taking one or more of the following trainings and also share the calendar with partners, colleagues, friends, and neighbors who live, work, and play in your region.

**Take Charge of Your Health!**

*September 20, 27 and October 4, 11, 18 & 25, 2022 | 1:00 - 3:30 PM | Virtual/Zoom | Melissa Lee and Alyssa Lemmermann, UNH Extension Health & Well-Being Team*

Make time for a healthier you! If you or someone you care for are experiencing chronic health conditions such as diabetes, heart disease, asthma, arthritis, depression or ongoing health challenges, this workshop series can help!

Learn ways to manage symptoms and meet your health goals. Create a weekly action plan to help you meet your goals so that you can do the things in life YOU want to do!

Gain the confidence and real-life skills needed for living a healthier, more active and fulfilling life with chronic illness.

[Learn More/Register](#)

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**Living Well With Chronic Pain**

*September 14, 21 & 28, and October 5, 12, & 19, 2022 | 10:00 AM - 12:30 PM | September 28, and October 5, 12, 19, 26 and November 2, 2022 | 5:00 - 7:30 PM | Virtual/Zoom | UNH Extension Health & Well-Being Team*

Are you ready to put life back into your days? Chronic pain can be difficult to live with. If you or someone you care for are experiencing chronic pain, this workshop can help!

In this workshop, you will learn ways to manage symptoms and meet health goals. Create a weekly action plan to help you meet your goals so that you can do the things in life YOU want to do!

Gain the confidence and real-life skills needed for living a full, active and fulfilling life with chronic pain.

[Learn More/Register (September 14)](#)  
[Learn More/Register (September 28)](#)
Adult Mental Health First Aid
September 21, 2022 | 9:00 AM - 4:00 PM | October 27, 2022 | 9:00 AM - 4:00 PM | November 16, 2022 | 9:00 AM - 4:00 PM | Virtual/Zoom | UNH Extension Health & Well-Being Team
Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 6-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.
Learn More/Register

Youth Mental Health First Aid
October 5 or November 2, 2022 | 9:00 AM - 3:30 PM | Virtual/Zoom | UNH Extension Health & Well-Being Team
An evidence-based training that teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. (This program is offered once per month. Visit the Extension web site to learn about additional program dates.)
Learn More/Register

What You Say and How You Say It!
Motivational Interviewing
October 19 & 26, 2022 | 9:00 AM - 12:00 PM | Virtual/Zoom | Lisa Stockwell, M.Ed., It’s Your Journey! LLC
In this two session interactive series, you will practice effective communication skills that can help you in your personal and professional interactions with people.
Register

Chronic Disease Self-Management Program
New Leader Training
Mondays & Wednesdays, November 28 through December 14, 2022 | 10:00 AM - 12:30 PM & 1:30 - 3:00 PM | Virtual/Zoom | Southern NH Area Health Education Center
There are two sessions each day. Participants must attend all sessions to become a leader.
Are you interested in providing this program for members of your community with chronic disease?
You do not need to be a health professional to lead these workshops. In fact, it is recommended that leaders be individuals either living with a chronic condition or a caregiver for someone with a chronic condition.
Learn More/Register

Walk With Ease
October 6, 13 & 27 and November 3, 10 & 17, 2022 | 10:00 - 11:00 AM | Virtual/Zoom | UNH Extension Health & Well-Being Team, Nutrition Connections
Whether you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk With Ease program can help you safely make physical activity a part of your everyday life!
You will walk on your own schedule, receive weekly emails and pre-recorded lesson videos and have the opportunity to meet as a group each week over Zoom for support!
Learn More/Register

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