



Caregivers Support Group

Monthly Support Group Meeting

Gateways Community Services' Family Support Department is offering a 12-month Caregiver Support Group. The gather will be held currently on the 4th Monday of the month from 6-7PM starting April 22nd at Gateways Community Services 19 Chestnut Street, Nashua. The program will be facilitated by Gateways Community Services staff personnel. A snack will be provided at each event.

The group will focus on skills and activities that aid the moms and caregivers in planning and reaching their child/children future goals as an adult. The goal of the program is to introduce opportunities that would engage participants and their families to begin thinking and making progress towards transitioning from high school to adult services. The group will be an introduction to various skills, opportunities, and decisions related to transitioning from high school to adult services and independence. After each session the participant will get a summary of information to review and share.

When: The 4th Monday of every month from 6-7 PM

Where: Gateways Community Services 19 Chestnut Street, Nashua NH

Next Steps:

- Please see the reverse side for dates and session information.
- If you have further questions, please contact your Gateways Service Coordinator or Sandra Pratt spratt@gatewasycs.org or at 603-816-0319
- Participants will leave with some new-found knowledge about trending topics and unique opportunities for their children.

Moms/Caregivers Latino Support Group

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| A P R I L | <p>Introduction to our new Family Support Service Coordinator. Camp/Preparing for Summer: This special meeting will include but not be limited to greet your new Family Support Service Coordinator and learn about summer camps opportunities and our funds available for that.</p> | M A Y | <p>Adult Services: Participants will learn about Adult Supports and Services and will have the opportunity to ask questions and or discuss concerns.</p> |
| J U N E | <p>Clinical Services and START: Participants will have the opportunity to learn about those services and supports, ask questions and or express concerns.</p> | J U L Y | <p>Greater Nashua Mental Health – Children Services: All participants will have the opportunity to learn about the supports and services that Nashua Mental Health offers to our community, ask questions and or express concerns.</p> |
| A U G U S T | <p>Special Education: Participants will have the opportunity to learn about special education, to ask questions and or express concerns about their children’s school’s supports and or IEPs.</p> | S E P T E M B E R | <p>In Home Supports: All participants will have the opportunity to learn about in home Supports, ask questions and or express any concern they may have.</p> |
| O C T O B E R | <p>Transition: Caregivers will learn about transition process. After high school our school district is not responsible for the individual’s supports. Parents, guardians and or caregivers should have a plan in place for when high school’s graduation comes.</p> | N O V E M B E R | <p>Consumer Direct Services: Participants will have the opportunity to learn about this option for their children’s future support.</p> |
| D E C E M B E R | <p>Parenting Plus: All participants will have the opportunity to learn about those services and supports, ask questions and or express concerns.</p> | J A N U A R Y | <p>NH Family Voices: Some of their services are: ♥ Individual assistance by telephone ♥ Help in understanding how to navigate through systems (health, human services, education, and health care financing). ♥ Assisting families to make more informed decisions about their children’s health care and be better able to participate in systems building activities in their communities and within NH ♥ Information and resources via mail, e-mail, social media, YouTube, Pinterest and our website. needs/disabilities.</p> |
| F E B R U A R Y | <p>Adult Learning Center/One Greater Nashua:</p> | M A R C H | |