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### **Community Bridges Launches Family Connections Program**



Family Connections is a statewide program that partners families on a 1:1 basis, matching parents seeking information and/or emotional support with parents who have experienced the same or a similar situation.

These connections encourage families to make better-informed choices and fosters family strengthening. The success of the Family Connections program is built upon altruism, compassion and a collaborative community commitment to ensure no family is left behind.

Family Connections is a voluntary program, using **Certified Support Parents** who are volunteers that go through a specialized skill building training and truly have a selfless concern for the well-being of others.

If you need support or are interested in supporting others, visit their website to learn how to get involved.

Get more info here

# COVID-19: Safe Re-entry of People with Down Syndrome into their Communities



#### This is an extensive collection of information and recommendations from Mass General for Children:

The COVID-19 virus is not yet gone, and a vaccine is not yet available. As people with Down syndrome make plans to re-enter and re-engage in their communities, we know that you have many questions including:

- 1. What Extended Year School (EYS) programming is available for my loved one with Down syndrome?
- 2. Is it safe for my loved one with Down syndrome to return to school in the fall?

Our Down Syndrome Program at Massachusetts General Hospital continues to assemble the most current information and best resources to answer these questions and others. Click here to read more!

Read the recommendations

### **BIANH Virtual Brain Injury Support Group Presentation**



Join the Brain Injury Association of NH for a free webinar. Here's a note from the guest presenter, Jeff Sebell, author, speaker and blogger:

"We, brain injury survivors, tend to focus on returning to normal so we can go back to the lives we once had. We can all agree that this task is extremely hard and unforgiving, and that by engaging in this, we put a lot of stress on ourselves and suffer emotionally. Maybe we should shift our focus, and instead of looking for normalcy, we should look for freedom."

#### Registration is required for this session.

Date: Thursday, November 12, 2020

Time: 6:00 pm - 7:30 pm

Topic: Finding Freedom After Brain Injury"

Register here

# 2020 Virtual 14th Annual Statewide Caregiver's Conference



Strength, Nobility and Hope

The Brain Injury Association of NH, New Hampshire Council on Developmental Disabilities, and Well Sense Health Plan are sponsoring a series of 3 webinars on November 17th. Once you register you may drop in to any of the sessions listed below with the same link.

#### All sessions are held on Nov 17, 2020

Session I - Keynote Speaker: Dr. William Brewster

Topic: "The Caregiver Journey: We're All In This Together"

Time: 9:30 am to 11:00 am

Session II - Presenter: Rebecca Rule, Family Caregiver, Storyteller, Writer

Topic: "Write to Remember" Time: 1:30 pm - 3:00 pm

Session III - Presenter: Jeannine Leclerc, ME, Educational Leadership

Topic: Caregivers, You are Essential!

Time: 6:00 pm - 7:30 pm

See more details and register through the link below.

Register here

# New Hampshire 2020 Election Summary



On November 3rd a record, 803,810 citizens voted throughout the state.

As we move into another legislative session, here's a profile of the New Hampshire results and the winners of the major races across the state.

**See the New Hampshire 2020 Election Summary** 

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