



**The Moore Center**  
*Creating opportunities for a good life.™*

## **UNH-4U - Training Opportunities for Young Adults With ID**



**University of  
New Hampshire**

UNH-4U has exciting new training opportunities for young adults with ID living in New Hampshire. UNH-

4U Bridges to College and Career virtual trainings prepare students for life beyond high school by linking interests with pathways to college, independence, and future careers. The cost for each course is \$495. Students eligible for New Hampshire Vocational Rehabilitation may be eligible for full-scholarships. Hurry! Space is limited. Applicants are encouraged to apply by December 10, 2020 as registration will close once the program has reached capacity.

### **UNH-4U Bridges Trainings**

#### **Academic and Assistive Technology for College Access\***

5 weeks: January 5, 2021 - Feb 4, 2021 | Tuesdays 10:30am-12:00pm & Thursdays 3:30pm-5:00pm

#### **Setting and Realizing Goals Using Person-Centered Planning and Assistive Technology**

10 weeks: February 8, 2021 - April 9, 2021 | Mondays 1:00pm-2:20pm

## Healthy and Social Aspects of College Life

10 weeks: February 8, 2021 - April 9, 2021 | Thursdays 1:00-2:20 pm

*\*Pre-requisite for all students.*

[Read more](#)

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## ARC of Massachusetts Free Webinars

### Celebrating the Holidays During COVID

**When: Wednesday,  
December 2, 7:00PM**



[Register Here](#)

Thanksgiving is now behind us, but what about December: Hanukkah, Christmas, Kwanzaa? Parties, special events, and family traditions may take a backseat this year. Join Finora Rodriques and learn strategies and tips to help make the season festive in a different way.

With significant passion displayed throughout her work within the field of human services, Finora Rodriques serves as a Mental Health Clinician at a community-based mental health agency in the Boston area. In addition to her commitment to her professional work, Finora obtained a Master's Degree in Mental Health Counseling from Boston College in 2018.

### Maintaining Social Connection For Students During COVID

**When: December 3 @ 3:00 pm - 4:00 pm**

## [Register Here](#)

Friendships between students with and without disabilities are important to all, but even in the best of times they may be hard to foster. The pandemic has made social connections even more difficult.

Jim Ross is a parent and long-time worker in the human services world. Join him to talk about the importance of pursuing these friendships for children and youth and uncover tips on how to make them happen even during these trying times.

## **Going the Distance: Older Caregivers' Special Needs and Opportunities**

**When: December 8 @ 11:00 am - 12:00 pm**

## [Register Here](#)

Join Andrew F and Kathleen Sullivan, Community Care Coordinators from Minuteman Senior Services. Topics discussed include Caregiver burnout: signs and symptoms, self-care tips to protect caregiver's physical and emotional health and how to build connections and community resources.

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# **NH Council on Developmental Disabilities Winter Awards Ceremony**



The NH Council on Developmental Disabilities Winter Awards Ceremony

will be held virtually on Thursday, December 10, 2020 at 1:00 pm. Join them in celebrating leaders making a difference in the lives of people with developmental disabilities, their families, and their communities.

The keynote speaker will be LeDerick Horne, Speaker, Poet, and Disability Advocate.

The link to attend will be available prior to the event.

**VB Advocate of the Year:** Tammy Mills

**Smile Award:** Friends of White Park

**Outstanding Legislator of the Year:** Sen. Lou D'Allesandro, Sen. Martha Fuller Clark, and Rep. Edward Butler

[Join the event at 1:00 p.m. on December 10th](#)

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## Family Chats, hosted by NH Family Voices and PIC



**These are free events for families.**

While we know professionals may be interested, a limited number of registrations will be accepted and should not be used for professional development.

**Time for Transition: Understanding Pre-Employment**

## **Transition Services for Students**

**When: Wednesday, Dec. 9, 3:30 pm - 4:30 pm**

[\*\*Register Here\*\*](#)

New Hampshire Vocational Rehabilitation (NHVR) and high schools throughout the state are dedicated to helping students with disabilities by offering Pre-Employment Transition Services (PreETS). The PreETS curriculum supports students with disabilities to become part of the local workforce as they navigate from high school to employment, post-secondary education, or training that leads towards a career. Join this call as NHVR Director Lisa Hatz shares information about what the Pre-ETS curriculum includes and how to access the services.

## **Time for Transition: Accessibility Services at NH Community Colleges**

**When: Thursday, January 7th, 2:00 pm - 3:00 pm**

[\*\*Register Here\*\*](#)

IEP support ends with the completion of high school. Students with IEPs who are considering a NH Community College (and their families) will want to know what supports and services are available to them under Section 504. Some services include academic coaching, assistive technology and the ability to request for reduced course load. Learn more about what is/is not available, and what a student needs to do to access them. Have your questions answered by Stefanie Howe, Coordinator of Accessibility Services, from the Community College System .

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## **Coping with the Caregiver Winter Blues - Free Virtual Workshop**



**Strength, Nobility and Hope**

Many of us who live in the New England area feel drained, irritable and depressed in the long, dark winter months, and adding caregiving and holiday stress to it makes it an especially tough time for many.

This session will focus on recognizing the signs of and risk factors for depression and anxiety as it relates to caregiving, holidays and seasonal changes. Tips and suggestions will be provided.

## **Workshop: 'Tis the Season: Coping with the Caregiver Winter Blues**

**Wednesday, December 9, 2020, 6:30 pm – 7:45 pm**

**Guest Presenter: Bernie Seifert, LICSW, NAMI NH**

Bernie Seifert, MSW, LICSW, is the Director of Adult Programs at NAMI New Hampshire (National Alliance on Mental Illness). She is also on staff at the Northern New England Geriatric Education Center at the Dartmouth Centers for Health and Aging in Lebanon, NH

For questions, contact Ellen Edgerly at 603-834-9570 or e-mail [Ellen@bianh.org](mailto:Ellen@bianh.org); or visit the Coalition of Caring's website at [www.coalitionofcaring.org](http://www.coalitionofcaring.org)

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