

Beautiful *Glorious* Fall

Take it from this cutie—October is a great time for family outings—the crisp, autumn air and clear blue skies offer perfect weather for apple picking, exploring pumpkin patches, hay rides, harvests, and more . . .



Learn where to go for fun fall events by clicking the logos below:



NH Grapevine.com

People, Places, Events, Info

You Heard it Here!



Learn more about ESNH Family Centered Early Supports and Services [here](#).



Apple Playdough

Learn how to make this apple scented playdough, and other fall themed playdough at this fun filled website



Fall Books

Help Duck and Goose look for a pumpkin in all sorts of places in this engaging board book for all ages. Find more great toddler board books [HERE](#)



Mini Apple Crisp

Nothing says fall like the smell of baking apples. Savor some delicious apple crisp in mini sizes for little ones with this recipe.

Mindful Moments

Feeling stressed or overwhelmed? Try this quick and easy mindfulness activity to refocus and ground yourself in the present moment.

5 - 4 - 3 - 2 - 1

Observe your surroundings and identify the following. Write it down or just think about it, up to you!

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

Mindfulness Apps — check out these fun, free, and effective apps when feeling stressed, anxious, or overwhelmed



Use Aura to help relieve feelings of stress and anxiety through guided meditations, gratitude journals, and daily mood tracking.



Headspace provides 3-10 minutes guided meditations. The app comes with a free beginner course, providing quick meditations for those on the go and SOS meditations for moments of crisis.



The mindfulness daily app provided quick yet effective practices to implement in your daily life to reduce stress and anxiety, improve performance, and enhance sleep.

Listed below are mental and behavioral health providers in the Manchester Area.

Click on the logo for more info.



*In the event of a mental health or substance use emergency or crisis,
MHCGM has a mobile crisis response team that is*

NH Family Voices Lending Library



A free resource for NH families and professionals caring for children and young adults with special healthcare needs and disabilities. Thousands of books and DVDs to choose from delivered to your door!

Take a look at some of the titles in our children's section:

Well known titles such as... What to Do When You Worry Too Much • Everyone Poops • Speak Up and Get Along! • How to Take the Grrrr Out of Anger • What to Do When Bad Habits Take Hold • A Bad Case of Tattle Tongue • When Vera Was Sick • Germs are Not for Sharing

Hard to find books such as ... Everybody is Different, for siblings of those with ASD • Squirmy Wormy, helping kids understand sensory processing disorder • A Boy Named Beau, he wears a brace on his leg but it doesn't slow him down! • The Storm in My Brain, a children's book on mood disorders • Henry Goes for Surgery • I Have Diabetes • My Tubey: A children's book about having a G-tube and so many more!

See the other exciting resources NH Family Voices has to offer
(603) 271-4525 ♥ nhfamilyvoices@nhfv.org ♥ www.nhfv.org

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Calendar of Events

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Pumpkin Fest ChaFrm
6 Applefest SalvArmy	7	8	9	10	11	12 Fall Fest. StrawBanke
13 MCMS Fall Fun Fstvl	14	15	16	17 Harvest to Market	18 Disney's Frozen Jr.	19 Disney's Frozen Jr.
20 Pumpkin Regatta Goffs	21	22	23	24	25 Pumpkin Patch Express	26
27 Pumpkin Patch Express	28	29 Monster Bash ManLib	30 Monster Bash ManLib	31 		



Presented by Northeast Delta Dental

Howl-O-Ween 5k is a dog-friendly 5k run/walk that benefits the Animal Rescue League of NH. This is a great opportunity to get out and be active with the whole family including your dog(s)! We encourage you to get into the spirit and wear your favorite Halloween costume! Saturday, October 19th Rain or Shine

To enjoy fresh local food from Manchester and surrounding areas visit Concord Street and Pine Street June-October, Thursday 3-6:30 pm.



Fall Fun Festival at Manchester Community Music School, October 13, 10 am—3 pm