

# LIVE UNITED



## What it means in the Lakes Region

**At United Way we embrace the idea that no man is an island — we all depend on each other.**

Parenting is a challenge for everyone, but it is particularly difficult if the parent struggles with mental illness. A young woman suffering from social anxiety, agoraphobia, and depression, and raising a special needs child began a 12 week *Parenting Journey* class at the Family Resource Center of Central NH at the urging of a family support worker. Her goals were to attend every session and work on the program components: problem solving, goal setting, and developing a greater sense of her own strengths and struggles.



As Mom opened herself to the surroundings and fully participated in the experiential learning, she became friends with another mom who had similar feelings of anxiety and lack of trust. Building relationships and gaining trust with one another, they became friends and agreed to work together to complete the class. At graduation when asked what benefited them most about attending they replied—*"It was FUN, educational, supportive, and best of all I found a true friend"*.

One of the important goals of the Family Resource Center is to decrease isolation for parents and to increase informal supports for families. Parents with a social network of emotionally supportive friends, family, and neighbors often find that it is easier to care for their children and themselves. Research has shown that parents who are isolated, with few social connections are at higher risk for child abuse and neglect.



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***"Reach out a hand to one, and influence the condition of all."***  
*To learn more, or to show your support, visit [www.LRUW.org](http://www.LRUW.org)*

