



# New Hampshire Association for Infant Mental Health

## *“Shaping Lives Before Birth and Beyond”*

Dear NHAIMH Members and Friends,

The 2020 Annual NHAIMH conference has been rescheduled for May 13 and 14, 2021, with the hope that we will be able to safely come together in person for “Understanding Bias, Celebrating Diversity”, an opportunity for learning, connecting, self-reflection and celebration.

We are however, very pleased to invite you to join us for a special live teleconference training event this fall:

### **“Authentically Engaging with Children and Families Through Telehealth”**

Presenter: Chelsey Helmke, LICSW

Wednesday, October 7, 2020, 12:00 - 1:30 pm

(1.5 CEUS have been applied for)

*COVID-19 has thrust many helping professionals into a telehealth scenario. Unprepared and anxious, we face the challenges of engaging with families despite spotty internet connection, poor visuals, and complex home dynamics. This training will provide a foundation for engaging with young children and families through the screen. Participants will leave with an understanding of how to prepare families to get the most out of their video sessions and how to overcome common barriers to using a video platform with children and families.*

This highly relevant training is FREE to NHAIMH members and \$25.00 for non-members. If you are not a member, sign up now, and attend this training at no cost. Members also receive other benefits such as significantly discounted registration for our spring conference.

**About the Presenter:** Chelsey works as a private practice child and family therapist on the seacoast of New Hampshire where she specializes in play-based trauma and attachment work. Prior to launching her private practice, Chelsey worked in community based mental health in Maine. She received her BSW in 2014 from Wheelock College (now part of Boston University) and her MSW in 2015 from University of New England. Most recently, she has been focusing on how to translate her clinical work to a telehealth platform. She has provided trainings on this topic through NASW and to Maine home visitors and child protective workers.

[Click here](#) to register for this event

Interested in becoming a NHAIMH member? Please visit [www.nhaimh.camp9.org](http://www.nhaimh.camp9.org)



For more information, contact NHAIMH at [NHAIMH@gmail.com](mailto:NHAIMH@gmail.com)  
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