Embracing Different Minds: Understanding Neurodiversity

We often talk about "typical" development, but the reality is that there is no single "right" way for a human brain to function. Just as we celebrate biodiversity in nature, **Neurodiversity** celebrates the natural variation in human wiring.

Whether it is ADHD, autism, anxiety, or dyslexia, these differences are not "deficits" to be fixed—they are unique ways of experiencing and interacting with the world. When we understand how neurodivergent brains operate, we can move away from frustration and toward effective, compassionate support.

Join Us for a Special Seminar & Workshop

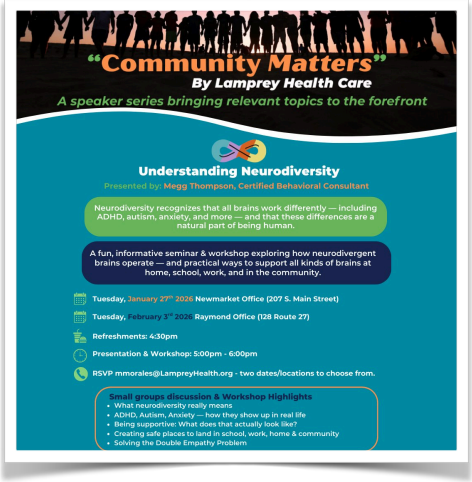
We are thrilled to invite you to an engaging, fun, and highly informative session presented by **Megg Thompson, Certified Behavioral Consultant**.

This workshop is designed for parents, educators, professionals, and community members who want to gain a deeper understanding of neurodivergent lived experiences. You'll walk away with **practical strategies** to support all kinds of brains in every environment: at home, in the classroom, at work, and throughout our community.

Space is limited, and we want to ensure we have enough refreshments for everyone! Please RSVP to **mmorales@LampreyHealth.org** and specify which date/location you plan to attend.

"Neurodiversity may be every bit as crucial for the human race as biological diversity is for life in general." — *Harvey Blume*

Come learn how to turn understanding into action and help create a community where every brain can thrive. We look forward to seeing you there!



Help Fill the Need: Give Blood This January

Newmarket has two vital opportunities to give back and save lives. Blood supplies often run low during the winter months, and your donation can make a lifesaving difference for patients in need.

Option 1: Newmarket Recreation Center
- **When:** Friday, January 16, 2026
- **Time:** 10:00 AM – 2:30 PM
- **Where:** 1 Terrace Dr, Newmarket, NH 03857

Option 2: Newmarket Polish American Club
- **When:** Monday, January 19, 2026
- **Time:** 12:00 PM – 4:30 PM
- **Where:** Function Hall, 18 Central Street, Newmarket, NH 03857

Why Donate?
Every two seconds, someone in the U.S. needs blood. From emergency surgeries to cancer treatments, your single donation can help save up to three lives.

Pro-Tips for a Successful Donation:
- **Hydrate:** Drink plenty of water in the days leading up to your appointment.
- **Eat Well:** Have a healthy meal before you arrive.
- **Bring ID:** Remember to bring your donor card or a valid photo ID.





Join The Newmarket School District

Are you looking for a rewarding role in a truly supportive environment? The Newmarket School District is hiring, and we invite you to explore the many opportunities to join our team!

Newmarket is a great place to work, offering a professional culture that is **friendly, focused, and deeply child-centered.**

We currently have several key employment opportunities available.

If you are passionate about contributing to a vibrant and dedicated school community, we encourage you to learn more and apply today!

Learn more and apply at: https://www.newmarket.k12.nh.us/sau31/human-resources/index