



Save - the - Date!

Grandparent Guardian Group

January 13, 2022 - 8:30-9:30am
Meredith Community Center
Parenting the second time around!
Join in for coffee & conversation
Questions: Lisa.Ransom@Interlakes.org

Welcome to High School Virtual Night

For Grade 8 Parents/Guardians
January 20, 2022 - 6:00pm
Link on the ILMHS & Guidance homepage
closer to the date

SAT Suite of Assessments

Wednesday, March 23, 2022
PSAT 9, PSAT 10 & School Day SAT
for Grade 11
**SAT 11 is the State Test for Juniors*

Suicide Prevention Resources

Available 24/7

National Suicide Prevention Lifeline

1-800-273-TALK (8255)
Veterans: Press 1
En Espanol: 1-888-628-9454
Deaf & Hard of Hearing: 1-800-799-4889

Crisis Text Line

Text HOME to 741-741
Text with a trained counselor for free

The Trevor Project

1-866-488-7386
www.thetrevorproject.org/get-help-now/
Phone, chat, text support for LGBTQ+ youth

The Friendship Line

1-800-971-0016
Crisis and warm line for adults 60 years and
older operated by Institute on Aging

ILMHS Club options are growing!

Check it out under "Student Information" on the ILMHS homepage
Find advisors, club descriptions and dates/times of meetings

Clubs are a great way to meet new students & staff, plan fun activities or volunteer for the community.



What is eStart? eStart is a 100% online dual credit program, offered through the Community College System of NH, that enables high school students to take community college courses for dual high school AND college credit.

Who is eligible to take an eStart course? Sophomores, Juniors or Seniors.

When do the courses run? Fall & Spring semesters. The spring semester dates are January 18 - May 6, 2022

What is the cost? \$150 per course + textbooks, however, STEM (Science, Technology, Engineering & Math) and CTE (Career Technical Education) courses are free.

<https://www.ccsnh.edu/colleges-and-programs/programs-for-high-school-students-to-earn-college-credit/estart/spring-2022-estart-schedule/>

MSW, LICSW

Oncology/ Hematology Clinical Social Worker
Merrimack Valley Dana-Farber Cancer Institute



**FRANKLY SPEAKING
ABOUT CANCER**
A PROGRAM OF THE CANCER SUPPORT COMMUNITY

This free workshop focuses on building awareness about how to carry out conversations about cancer diagnosis and treatment. People impacted by cancer and their loved ones are invited to join us as we learn what kids know about this condition at different ages, how to talk about cancer, tips for answering common questions, ways to help your child, and additional resources.

Featured speakers include:

- Erin Solomon MSW, LICSW

Oncology/ Hematology Clinical Social Worker
Merrimack Valley Dana-Farber Cancer Institute

Date: Tuesday, December 14, 2021
Time: 4:00 pm. – 5:30 pm.
Location: Zoom webinar

For more details and registration, contact Gilda's Club NH at sjk@gildasclubnh.org, (603)-387-6775 or visit gildasclubnh.org



**GILDA'S
CLUB
NEW HAMPSHIRE**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Not a school sponsored event



nhheaf.org/IACB-filed

Virtual FAFSA Open House

Don't leave money on the table!
Apply for financial aid!



SATURDAY, DECEMBER 11TH

Register at nhheaf.org/IACB-filed

(Assistance will be first come, first served)

Planning to attend college next year?

Submitting your admissions application is just the first step - you also need to apply for financial aid! Receive **free**, confidential, one-on-one guidance from financial aid professionals as we walk you through how to submit your FAFSA. **Plus, be entered to win a \$1,000 scholarship!**

Can't make to the Open House?

Book a free virtual FAFSA filing appointment at a time that works for you at calendly.com/nhheaf_ccp. You will still be entered to win a \$1,000 scholarship!

Already filed with us?

If you already filed your FAFSA with NHHEAF for the 2022-23 academic year, you're automatically entered to win a \$1,000 scholarship, too!

Not a school sponsored event