

News from Hannah's House



Hannah's House, Inc.

Our Mission...Hannah's House is dedicated to helping families find sustainable pathways to emotional well being.

Our First Year...Hannah's House, Inc., officially opened its headquarters in the Mad River Valley Health Center in July 2010. We recruited a therapist, Nicole Krotinger, LCMHC, who specializes in counseling children, adolescents and families. Nicole has since developed a full practice and has been instrumental in expanding the therapeutic services offered by Hannah's House.

During the past 18 months, Hannah's House has sponsored workshops, art therapy, agricultural employment, yoga workshops, a nutrition seminar, emergency counseling for flood victims, offered stress relief counseling for fire and ambulance volunteers following a recent tragedy, and subsidized therapy for families in need. We have launched a web page, www.hannahshousevt.com and you can find us on **Facebook/pages/hannahs-house-inc**.

Our Next Year... Hannah's House will expand educational programs, fund and stream parenting webinars, sponsor a second family therapist, develop a scholarship program for wilderness therapy, increase subsidies for family therapy, solicit grant funding, and offer neurofeedback services.

A generous donation has facilitated the purchase of Zengar equipment and we expect to offer this therapy within four months. Studies have proven that neurofeedback, combined with counseling, can have positive results with ADHD, sleep disorders and many anxiety related disorders. For more information, please visit: www.hannahshousevt.com.



Donations & Fund Raising



Donations...To date Hannah's House has been funded primarily by the generosity of friends, family and our amazing community. Hannah's House is a **tax exempt, 501 (c) (3) non-profit** corporation; donations may be made directly on our web site with a credit card, Paypal, or by mailed check.

Fundraisers...Great appreciation goes to the United Church of Warren who kicked off our fundraising efforts last year with a benefit dinner, concert, and a winter spaghetti supper!



The Mad Marathon...This past summer, Hannah's House participated as one of the sponsors of the first annual Mad Marathon and Run for a Fund. It was a solid success and plans are already in place for the second Mad Marathon which is scheduled for Sunday, July 8, 2012. Our goal is to sponsor 50 runners raising \$500 each!

Visit www.madmarathon.com to sign up !



Art Auction...Some outstanding local artists have generously offered to produce a variety of works for a special event to benefit Hannah's House—watch our web site for details!

Workshops & Seminars

Fall 2010 to Fall 2011...

We believe that helping families improve their emotional health will in turn help the symptomatic person or child in the family. To introduce the idea of family systems therapy, Hannah's House sponsored a well attended workshop last fall. Led by Erik Thompson, MA, President of the Vermont Center for Family Studies in Shelburne, VT and Andrea Schara, LCSWA, formerly of the Bowen Institute, a family systems coach and Zengar trainer, this workshop (and a follow-up during the winter) provided a lively introduction to the concept of treating the health of the family to improve the health of all.



Workshop with Dr. Peter Stearn... “Anxious Parenting, A Historical Perspective” Sponsored by The Vermont Center for Family Studies October 28, 2011

Dr. Peter Stearn, Provost of George Mason University, Secretary/Faculty member VCFS, and author of *Anxious Parents: A History of Modern Childrearing in America* presented a fascinating lecture on the current style of anxious parenting, how it has evolved and the effect on our children. Dr. Murray Bowen had explored how children become weakened as a result; Dr. Stearn elaborated on the theme. A portion of this dynamic lecture with an afterword by Erik Thompson, President of The Vermont Center For Family Studies may be viewed by visiting www.HannahsHousevt.com, by requesting a DVD, or visiting www.CCVT.org.

The Board & Consultants

Hannah's House Board

Cindy Carr ~ Al Carr
Maureen Shea ~ Nate Bedford ~
Steve Martin ~ Darlene Martin
Marta Marble ~ Lois Maple
Dan Martell ~ Megan Martell ~
Sara Pomerantz

Hannah's House Consultants

Erik Thompson, ~ Andrea Schara



Hannah's Story

Hannah was an artist, athlete, college graduate and a beautiful soul who met life's challenges headlong. We honor her bravery, honesty and lesson of living in the present with the formation of Hannah's House.

Hannah Victoria Bedford
Nov. 8, 1978 ~ April 21, 2009

Hannah's House

A FAMILY THERAPY CENTER



**Dedicated to the
Emotional Well Being
of Families**

A Testimonial...

“Several years ago a family member began a descent into a mental illness that became a force of its own. Finding help was extremely difficult—everything from ‘We’re not taking any new patients’ to ‘too young/too old for our program’, let alone the battle to get insurance coverage. The impact and stress on other family members was extremely trying.

Hannah's House has been a tremendous help to our family. The resources made available have resulted in many positive outcomes. For the first time in almost ten years we are seeing a healthy person emerge from a situation that often felt helpless.”

...a Grateful Client of Hannah's House



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