

**People First of New Hampshire's  
Young Adult Self-Advocacy Committee presents**

**How To Avoid Falling For A Jerk or Jerkette**  
*the second in a series of workshops about relationships*



**Presenter:** Thom Linehan, UNH Cooperative Extension

**Who:** Young adults ages 16 – 30 only. **No Parents.**

**When:** Tuesday, June 15, 2010 **Time:** 5:00 – 8:00 p.m.

**Where:** Unitarian Universalist Church, Concord

**Light dinner** be provided

**No charge for workshop or dinner**, but donations appreciated.

**Questions?** Call 603-568-2128, or Email [info@peoplefirstofnh.org](mailto:info@peoplefirstofnh.org)

**No phone registrations.**

**You must RSVP by June 12<sup>th</sup>. No late registrations accepted.**

This workshop is about a lot more than just avoiding becoming involved with a jerk or jerkette. It is about how to get to know someone in a safe way, knowing the other person, what to look for in a healthy relationship, trust, relying on the other person, commitment and finally touch. The presenter will talk about developing these skills over time, in that order, and what happens when you skip right to touch. Come learn some important things to keep in mind when getting to know someone.

**About the presenter:** Thomas Linehan works at the University of New Hampshire Cooperative Extension as Extension Educator for Family & Consumer Resources and County Office Co-Administrator. He has worked with families and children in a number of settings including home-based family therapy, day care and early intervention. Thom has experience and training as a marriage and family therapist and a family life educator. He has bachelor's degree in music and a master's degree in family studies and family therapy. Thom has a particular interest in the complexities and challenges of everyday life for families. He facilitates programs in parenting education, human development and coordinates NH-RAPP (Relatives as Parents Program).

**Directions and Registration on Next Page.**


**Please keep the directions and send in registration. →**

**Directions:** The Unitarian Universalist Church is located at 274 Pleasant Street, Concord New Hampshire, two buildings west of Concord Hospital.

**From the North (via I-89)**

Take Exit 2 from I-89, turn right at the end of the ramp. Proceed to the first traffic light. Turn left onto South Fruit Street. Turn left at the next traffic light onto Pleasant Street. Proceed past Concord Hospital, then Concord Orthopedics on the right. The next driveway belongs to the church.

**How To Avoid Falling For  
A Jerk or Jerkette**



Tuesday, June 15, 2010  
5:00—8:00 with dinner provided

Sponsored By: Young Adult Committee  
of People First of New Hampshire

**Young Adults Only!**  
(parents: please drop-off your son/daughter  
and return when the workshop ends)  
Unitarian Universalist Church, Concord

**From the North (via I-93)**

Take Exit 14 from I-93, turn right at the end of the ramp. Proceed to the next traffic light. Turn left onto South Main Street. Proceed to the next traffic light and turn right onto Pleasant Street. Proceed through four traffic lights, past Concord Hospital, then Concord Orthopedics on the right. The next driveway belongs to the church.

**From the South (via I-93)**

Take Exit 13 from I-93, turn left at the end of the ramp. Proceed through three traffic lights. Turn left onto Pleasant Street. Proceed through four traffic lights, past Concord Hospital, then Concord Orthopedics on the right. The next driveway belongs to the church.

**From the East (via Route 4)**

Take Route 4 West, then I-393 West to the end. Turn left onto North Main Street. Go past the State House to the next light. Turn right onto Pleasant Street. Proceed through four lights, past Concord Hospital, then Concord Orthopedics on the right. The next driveway belongs to the church.

**From the West (via Route 202/9)**

Take SR 9 /US 202 East to I-89 South. Take Exit 2 from I-89, turn right at the end of the ramp. Proceed to the first traffic light. Turn left onto South Fruit Street. Turn left at the next traffic light onto Pleasant Street. Proceed past Concord Hospital, then Concord Orthopedics on the right. The next driveway belongs to the church.

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## Please Cut Registration, Complete, Mail and Keep the Directions

Complete registration and mail **by June 12<sup>th</sup>** to: People First of NH – Young Adult Committee, 4 Park Street, Suite 205, Concord, NH 03301

<b>Name</b>	
<b>Age (Must be 16 - 30)</b>	
<b>Address, City, Zip</b>	
<b>Email Address &amp; Phone Number</b>	
<b>Diet Considerations and/or Other Needs</b>	