

Business

Southern New Hampshire Counseling Center Serves Adults, Children and Groups



Diana Fenton



DiAnne Proctor

NASHUA – At Southern New Hampshire Counseling Center, we provide individual and group counseling for adults and adolescents who are struggling to manage life stressors at work, home or school. We help individuals who are feeling overwhelmed, anxious, discouraged or depressed, assisting individuals who are experiencing difficulty managing their relationships or adjusting to life's transitions. Our offices provide a safe, soothing and professional environment, where individuals identify and work through barriers in order to find balance, wellness and a greater sense of happiness.

The grand opening of Southern New Hampshire Counseling Center was on June 1, 2009 and is located at Suite 210, 60 Main Street in Nashua.

Diana Fenton graduated from Webster University with a Master's Degree in Clinical Mental Health Counseling. Her internship was completed at the Cardinal Clinic, in North Carolina, where she provided individual counseling and assessment to children, parenting skills groups and relationship counseling. She completed her second internship at Baldwin Elementary School in North Carolina. There she provided individual and group counseling to individuals struggling to manage anxiety, depression and life transitions.

Diana is licensed as a Clinical Mental Health Counselor (LCMHC) and has earned a certificate in Certified Group Psychotherapy (CGP), which is recognized by the National Registry of Certified Group Psychotherapists. Prior to opening Southern NH Counseling Center, Diana conducted individual and group therapy for adults at a local community mental health center.

DiAnne Proctor graduated from Northeastern University with a Master's Degree in Clinical Mental Health Counseling, with an emphasis on Health Psychology. Her practicum was completed at McLean Hospital in the Obsessive Compulsive Disorder Inpatient Institute (OCIDI). DiAnne completed an internship at Rivier College Counseling Center. She was licensed as a Clinical Mental Health Counselor (LCMHC) and has earned a certificate in Certified Group Psychotherapy (CGP), which is recognized by the National Registry of Certified Group Psychotherapists.

Prior to opening Southern New Hampshire Counseling Center, she worked within a community mental health center, providing individual and group therapy for adults. She will begin doctorate work in September 2009, with research focus on Dialectical Behavior Therapy (DBT) within school systems.

People want to be able to manage their own stressors and struggles. It is hard to accept help and reach out for support. Our challenge is to help individuals to recognize the benefits of working with a counselor in order to get the help and support they need. We understand the many transitions in life that create stressors and emotional distress. Our approach of both individual and group therapy work to support and guide clients through these transitions.

We provide individual and group therapy, marriage and family counseling, and couples counseling. We work with adults and adolescents in the following areas: managing mood and emotions, anxiety, depression, life transitions, communication and interpersonal skills, Obsessive Compulsive Disorder and bereavement.

Village Shoppes at Salzburg Square Celebrate Fall With Oktoberfest

AMHERST – There's nothing like Fall in New England, specifically in New Hampshire! One place that kick starts the Fall season is The Village Shoppes at Salzburg Square and their annual Oktoberfest event! Saturday, October 17th, on a gorgeous Fall day, many people from both near and far came to enjoy a Festive Day with live music by the Oompah Band, food, games, face painting, photo taking, artists, a chili cook-off, wine and beer tasting and fun for both children and adults. On hand to showcase the unique items found in their stores were all the Village Shoppe owners and property owner Mike Spyridakis. Mrs. New Hampshire United States was also on hand celebrating the festivities of Oktoberfest. "It was a beautiful day to be out and about in New Hampshire enjoying the local artistry, unique selection of gifts and festive atmosphere of Salzburg Square's annual Oktoberfest event. It's one of New Hampshire's most quaint and unique shopping experiences



Standing L to R: June Holbrook (Gallery Portraits), Karen Girado (Just Naturals), Margaret Phelan (Enchanted Lace), Irene Raissis Alton (Mrs. New Hampshire United States 2009), Mike Spyridakis (Property Owner), Susan Townner (Golden Egg), Roxanne Mansell (Roxie's Fashions), Donna Travis (Whimsey Square) Kneeling L to R: Linda May (Antiques at Mayfair), Sheila Osborn (Aurvara Salon), Karen Farren (Gallery Portraits), Elie Elfata (Eden Restaurant)

Vote for Your Favorite Pie at the Black Forest Café for the Chance to Win a \$100 Gift Certificate

AMHERST—The Black Forest Café opens up voting for its "Vote for Your Favorite Pie" contest November 1. Participants will have the chance to vote online at www.blackforestcafe.com or in the store, located at 212 Route 101 in Amherst.

Voting will run through December 24, and all voters will be entered into a drawing to win a \$100 Black Forest gift certificate. Results of the

contest and the winner of the drawing will be announced the first week of January.

"We lovingly make all our desserts and pastries from scratch every day with only the freshest ingredients, and we want to take this opportunity to invite our customers to share their thoughts on our products with us," said Martha Walters, who co-owns the restaurant with her husband,

Bruce. Customers will be able to vote on a variety of fruit pies and crostatas ranging from apple pie to pear hazelnut crostata. For more information on seasonal menus, photos, directions, recipes or restaurant hours, please call 672-0500 or visit the Website at www.theblackforestcafe.com.

People on The Move

Local Realtor® Achieves National Recognition

AMHERST – Donna M. Di-Prima, REALTOR® with Coldwell Banker Residential Brokerage, has been awarded the Accredited Buyer's Representation (ABR®) designation by the Real Estate Buyer's Agent Council (REBAC) of the National Association of Realtors® (NAR).

Donna joins more than 30,000 real estate professionals in North America who have earned the ABR® designation. All were required to successfully complete a comprehensive course in buyer representation and an elective course focusing on a buyer representation specialty,

both in addition to submitting documentation verifying professional experience.

REBAC, founded in 1988, is the world's largest association of real estate professionals focusing specifically on representing the real estate buyer. There are more than 40,000 active members of the organization worldwide. The National Association of Realtors®, "The Voice for Real Estate," is the world's largest professional association, representing over 1,000,000 members involved in all aspects of the real estate industry.

You may contact the Real Estate Buyer's Agent Council by telephone (800) 648-6224, by email (rebac@realtors.org), or by visiting the RE-

BAC website (www.REBAC.net).

New Sales Associates Join Coldwell Banker

AMHERST – David Hennessey, Manager of Coldwell Banker Residential Brokerage's Amherst, NH office has announced that two new full-time sales associates have joined the Amherst office.

Deb Scoggins of Amherst has been a part-time real estate practitioner in the Nashua area since 1985 and spent some 27 years as a Guidance Counselor in the Merrimack school system. Additionally she brings expertise in space planning, remodeling, and home staging to her new position.

Sandra Gladstone of Merrimack joins Coldwell Banker after an extensive career with a Massachusetts Real Estate development company. Sandra is a graduate of NH Community Technical College and has been a licensed NH Realtor since 1995.

Both Deb and Sandra are members of the NH Association of Realtors and the Greater Manchester/Nashua Board of Realtors.

According to David Hennessey, both Realtors will bring extensive knowledge of the Merrimack housing market and will be based in Coldwell Banker's Amherst office at 103 Ponemah Rd.

Real Estate

Real Estate Advertisers: to reach 100% of the Amherst and Mont Vernon markets, call 672-9444, or e-mail: ads@amherstcitizen.com

Coldwell Banker RESIDENTIAL BROKERAGE

AMHERST'S NUMBER ONE REAL ESTATE OFFICE IN 2008*



AMHERST.....\$2,000,000
1700's center chimney Colonial. Wide pine flrs., gunstock corner posts, blt-in china cabinet. Finished 3rd fl. w/BR, bath & kitchenette. Det. barn.
Listed by: Ingrid Michaelis 673-4000



AMHERST.....\$1,195,000
One of a kind! Soaring ceilings, arched doorways, custom woodwork and intricate design. 6900+ s.f., plus add'l 1500 s.f. in fin. LL.
Listed by: Sally Hooper 673-4000



AMHERST.....\$549,000
Circa 1800 Colonial, 5BR's, 3 baths, 1st fl. mstr suite, gorgeous gardens, gourmet Kit., pristine condition, tons of storage.
Listed by: Siobhan Dalton 673-4000



AMHERST.....\$399,000
Spacious Amherst Hills Colonial, sunny Kit., gracious LR & DR, fabulous Sunroom, open level yard.
Listed by: Ingrid Michaelis 673-4000



AMHERST.....\$375,000
Truly hard to beat! Gracious home on cul-de-sac w/seasonal views, flexible floor plan, open & bright w/teen or in-law suite.
Listed by: Ingrid Michaelis 673-4000



AMHERST.....\$314,900
4BR home, private location @ end of cul-de-sac. Many recent updates, all new appliances in Kit., LR w/fpl, hdwd, flrs throughout, Pergo in LL.
Listed by: Jim Miller 673-4000

103 Ponemah Rd. Amherst, NH
(603) 673-4000

COLDWELL BANKER
RESIDENTIAL BROKERAGE

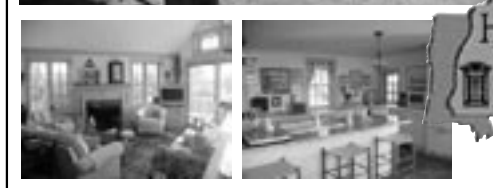
www.NewEnglandMoves.com

*Based on information from the Northern New England Real Estate Network for the period January 1, 2008 – December 31, 2008 for the town of Amherst on Units listed & sold – total sides.

ONE OF A KIND HOME - NOW AVAILABLE!



4 Green Road - Amherst
New to market. This totally renovated and updated Amherst cape is beautifully sited on a hillside 1.8 acres with year round views to the Monadnock Range. With over 3800 square feet of living space this elegant home is designed for casual living. Great first floor flow also makes for wonderful entertaining. Only the best materials were used for the renovations to include 24" wide antique pine floors, Colonial wainscoting and period hardware. Large private Master Suite on first floor, 2 BR with Baths on 2nd floor. Potential 4th BR in Finished basement. Views from almost every room.
Truly a one of a kind property. \$810,000
Call David at 654-8970, or email: info@HistoricProp.com



Historic & Distinctive Properties
of New England
Call David 654-8970
"Preserving the Heritage of Northern New England"

Visit Our Website: www.historicprop.com

www.BrinRealty.com



108 Ponemah Road
Amherst, NH
672-2727



1 Hardy Road
Bedford, NH

At Brin Realty Group we believe in Old Fashioned Values...

Hard work and personal service.

We also believe in the value of technology in our global marketing.

We bring it all together - top notch marketing program and websites to service customers 24/7 and an expert team of professional local Realtors to serve you.

VOTED A FAVORITE...A Souhegan Valley Favorite Real Estate Company

A Favorite Real Estate Agent
TWO YEARS IN A ROW...and proud of it!

Nashua Area Chapter

Businessmen's Fellowship International USA

NASHUA – Businessmen's Fellowship International will hold its monthly breakfast meeting on Saturday November 7 at 8:00AM at New Beginnings Fellowship 6 Spruce Street Nashua. This is a men's only breakfast. Come, bring a friend and enjoy a time of fellowship and prayer. For more information call Sonny Johnson 672-8085 or Jack Jackson 883-3446. Join us for a Complimentary Breakfast.

Meals on Wheels awarded \$2,500 grant by the Employees of Associated Grocers and Vista Foods Fund

NASHUA – St. Joseph Community Services (SJCS), the provider of Meals on Wheels throughout Hillsborough County is thrilled to announce the receipt of a \$2,500 grant from the Employees of Associated Grocers and Vista Foods Fund, an advised fund within the New Hampshire Charitable Foundation.

SJCS serves 1,650 meals a day to its homebound and community diners. This generous grant from the Employees of Associated Grocers and Vista Foods Fund will help SJCS continue to meet the ongoing and increasing need for its Meals on Wheels Program. New Hampshire is the 5th oldest state in the nation. The number of elderly is increasing at a rapid pace, and the need for the programs that SJCS provides will only continue to grow. For information, visit www.nhcf.org or call 225-6641.