

Nurturing Skills for Families

THURSDAY MORNINGS – 11:00AM TO 1:00PM OR THURSDAY EVENINGS – 6:00 TO 8:00 PM

Four 5-6 week modules, plus a one-time orientation



Module dates:	Module Focus
Jan 5, 2017 (Orientation) Jan 12 Jan 19 Jan 26 Feb 2 Feb 9 Feb 16	<p style="text-align: center;">Developing Personal Power & Keeping Kids Safe</p> Learn positive ways to manage behavior and examine choices that keep all members of the family safe and healthy. (6 week module)
March 9, 2017 (Orientation) March 16 March 23 March 30 April 6 April 13	<p style="text-align: center;">Understanding Children’s Growth & Development</p> Overview of children’s growth and development; understanding the importance of nurturing, predictable family routines. (5 week module)
May 4, 2017 (Orientation) May 11 May 18 May 25 June 1 June 8	<p style="text-align: center;">Developing Empathy & Self-Awareness</p> The importance of empathy and techniques for managing feelings anger and stress. (5 week module)
Fall 2017	<p style="text-align: center;">Positive Discipline Practices & Techniques</p> Discipline is based on respect, empowerment, caring and cooperation. Learn the power of nonviolent discipline practices and techniques. (5 week module)



Attend one module or all 4! You can start with any module and still complete the series.

Choose day or evening classes!

Thursdays 11:00am-1:00pm, lunch included OR Thursdays 6:00-8:00pm, dinner served at 5:30.

Participation is free. Satisfies court-mandated parenting class requirements.

Limited on-site childcare and assistance with transportation available upon request.

Orientation, pre-assessment & post-assessment surveys are part of the series.

To register: Contact Tricia T. at 528-0391 or email tricia.tousignant@lrCS.org



The Linden Foundation

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