

Children's Authors Tea

Monday April 17, 5:00-7:00 pm, at the Historic Belknap Mill, 25 Beacon St. East, Laconia

You are cordially invited to attend the Children's Authors Tea. This wonderful, free event is organized to promote the importance of early literacy. Come celebrate "Strengthening Families and Communities Month" with us! Evening Events: Book signing and sales by NH authors: **Robbie Neylon, Marty Kelly, Kathy Brodsky & Richard Lennon!** Families will also enjoy storytelling, light snacks and tea. *Free event. Every child will receive a book!*

READY! for Kindergarten*

Thursday, April 20, 5:30-7:30pm at Woodland Heights School in Laconia

READY! is a free program for parents of children ages birth to five, available three times a year to **Laconia** families. Get new information about how children learn and grow, plus easy learning activities that are fun to do at home.

To register call Kaitlyn at 524-5710 or visit www.readyforkindergarten.org/laconia.

Cooperative Co-Parenting*

Tuesday evenings from 6:00-8:00pm, beginning May 2 (4 weeks)

This 4-week series is for divorced and/or separated parents and other caregivers who are raising children. Topics include: coping through separation and transition, skills for dealing with stress and anger, positive communication strategies, how to reduce and resolve conflict, negotiating agreements, and mediation and guardianship. *Dinner served from 5:30-6:00pm.*

Meets on 5/2, 5/9, 5/16 & 5/23.

Developing Empathy & Self-Awareness—A Nurturing Skills Module*

Beginning May 4 (5 Weeks & Orientation) Daytime and Evening Sessions Available!

Thursdays 11:00am-1:00pm Lunch included. —OR— Thursdays 6:00-8:00pm Dinner served from 5:30-6:00.

This Nurturing Skills Module focuses on the importance of empathy & techniques for managing feelings such as anger and stress.

Meets on 5/4, 5/11, 5/18, 5/25, 6/1 & 6/8.

To register call 528-0391 or email tricia.tousignant@lrcs.org

**Limited on-site childcare available for these programs. Please reserve a space for your child when you call to register.*



Ongoing Programs & Support

Giggles 'n Grins Playgroup

Tuesday, Thursday, and Friday mornings from 9:00-11:00am

A free, inclusive community playgroup that provides children from birth to age 5 with the opportunity to play and develop critical social-emotional skills. Families have the chance to share parenting ideas and concerns, establish friendships, and decrease isolation.

For more information, call Tricia at 528-0391 or email tricia.tousignant@lrcs.org.

Happy Sounds: Sharing Music & Movement

Wednesday mornings from 9:00-9:45am

A free, weekly class where caregiver and child participate together in movement and rhythm activities set to music. A great opportunity for building social skills while enjoying all of the physical, emotional, & intellectual benefits that interaction with music can bring.

For more information, call Tricia at 528-0391 or email tricia.tousignant@lrcs.org.

F.A.S.T.E.R.—Families Advocating Substance, Treatment, Education & Recovery

Meets on the second and fourth Thursday of every month from 6:00-7:30pm at the Laconia Police Station

Are you worried about your child's use of alcohol or other drugs? This free, confidential peer support group is for families with children, teens and young adults with substance use issues.

For more information, call Nancy at 293-0960 or email nancy.porosky@elavon.com.

Parents Meeting the Challenge Support Group

Meets on the third Wednesday of every month from 6:30-8:00pm

A monthly support group for parents and family members caring for a child or adolescent with emotional disorders, hosted by the National Alliance on Mental Illness (NAMI). Come and make important connections with others who share similar experiences and understand the challenges you face.

For more information, call Theresa Eichorn at 707-0888.