Nurturing Skills for Families

Developing Empathy & Self-Awareness

A 6-week Zoom Series

Thursdays 6-8pm beginning October 29, 2020

Join Parent Educators,

Cierra Pinkney & Amanda Lewis

from the Family Resource Center of Central NH

as we discuss

“Developing Empathy & Self-Awareness”

in an interactive Zoom series.

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

This six-week series is open to anyone...

parents, caregivers, parents-to-be, extended family, professionals supporting families, etc.

All are welcome!

CLICK HERE TO REGISTER

Or email tricia.tousignant@lr.cs.org