Nurture Hope
An educational series for parents with children who have special needs and health challenges

When: Wednesday afternoons 1-3pm OR Wednesday evenings 6-8pm
8 week series begins October 7, 2020

CLICK HERE TO REGISTER
Or email tricia.tousignant@lrcs.org

This program is designed to help families explore their hopes and fears, develop effective parenting skills, enhance communication, develop strategies for facing challenges and recognize opportunities for celebration.

**Topics covered will include:**

- Appropriate Parental Expectations
- Empathic Awareness of the Feelings & Needs of Children
- Effective Discipline Strategies
- Family Rules
- Effective Communication
- Stress and Coping Techniques for Parents & Children
- Personal Power & Independence