## Nurturing Skills: Understanding Children’s Growth & Development
**September 17-October 22, 2020**  
Class meets Thursdays from 6:00-8:00pm (6 weeks)
This Nurturing Skills Module focuses on understanding the stages of growth and development and on establishing nurturing routines.

## Nurturing Skills: Developing Personal Power & Keeping Kids Safe
**September 22-November 3, 2020**  
Class meets Tuesdays from 2:00-4:00pm (7 weeks)
This Nurturing Skills Module focuses on personal power and making good choices. Attendees will learn positive ways to manage behavior and examine choices that keep all members of the family safe and healthy.

## Nurturing Skills: Positive Discipline Practices & Techniques
**September 24-October 29, 2020**  
Class meets Thursdays from 1:00-3:00pm (6 weeks)
This Nurturing Skills Module focuses on discipline which is based on respect, empowerment, caring and cooperation. Learn the power of nonviolent discipline practices and techniques.

## Active Parenting of Teens
**September 24-October 29, 2020**  
Class meets Thursdays from 6:00-8:00pm (6 weeks)
Active Parenting of Teens will give parents the guidance and support needed to turn the challenges of raising a teenager into opportunities for growth. Topics include: methods of respectful discipline, skills for clear, honest communication, strategies to prevent risky behavior, how to be an encouraging parent, and issues such as teens on-line, bullying and depression.

## Cooperative Parenting & Divorce
**September 29-November 17, 2020**  
Class meets Tuesdays from 6:00-8:00pm (8 weeks)
This program helps separated/divorced parents shield their children from parental conflict. Parents learn to guide their children through the process of recovery while establishing a cooperative long-term relationship with the other parent. This program educates parents on the impact their conflict has on their children, and teaches parents the practical skills they need to manage anger, increase impulse control, resolve conflict and talk to each other without arguing.

## Nurture Hope
**October 7-November 25, 2020.**  
Class meets Wednesdays from 1:00-3:00pm (8 weeks)
This series is designed for parents with children who have special needs and health challenges, giving them an opportunity to explore their hopes and fears, develop effective parenting skills, enhance communication, develop strategies for facing challenges and recognize opportunities for celebration.

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**For all classes**

[CLICK HERE TO REGISTER](#)

Or email tricia.tousignant@lrcs.org

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Additional classes on page 2.
## Nurturing Skills: Developing Empathy & Self-Awareness

**October 29-December 10, 2020**  
Class meets Thursdays from 6:00-8:00pm (6 weeks)

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

## Parenting with Resilience

**November 2-December 7, 2020.**  
Class meets Mondays from 6:00-8:00pm (6 weeks)

Learn about Adverse Childhood Experiences (ACE’s) and how trauma can effect children’s development and behavior. Caregivers will learn strategies to build their own ability to persevere through tough times, as well as techniques for encouraging resilience in children.

## Parenting Journey in Recovery

**November 3, 2020-February 16, 2021.**  
Class meets Tuesdays from 6:00-8:00pm (14 weeks)

Addiction is complicated and difficult to overcome. Parents and caregivers in recovery face the additional challenge of building strong, positive relationships with their children while maintaining sobriety, which can be both rewarding and daunting. Sober Parenting Journey provides a valuable source of fellowship and support and enhances awareness of triggers that may bring about relapse. Personal recovery, accountability, positive actions, and hard work are only some of the topics discussed by group members. **Participants in this class should have at least 90 days sobriety prior to the start of the class.**

## Ongoing Groups:

### Happy Sounds Music & Movement Group for Children Ages 0-5 years

Class meets every Wednesday at 9am

### For all classes

[CLICK HERE TO REGISTER](#)

Or email tricia.tousignant@lrcs.org

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