



Spring Parent Education Offerings



on zoom

Parent Café: Family is More Precious Than Gold **March 15, 2021, 7:00pm (one-night workshop)**

Parent Cafés provide a safe, nurturing environment for parents to have intimate, authentic conversations about their families and ways they can strengthen their families and communities. Aided by Parent Café in a Box questions, all focused on the Protective Factors, parents draw on and recall their strengths and become more conscious and empowered to acknowledge the significance of their role and responsibility in shaping healthy, strong families and communities.

Parenting the Second Time Around

March 17-May 5, 2021. Class meets Wednesdays from 7:30-8:30pm (8 weeks)

This series is intended to support grandparents and other relatives who are parenting...again! Topics include: child development, discipline & guidance, caring for yourself as a caregiver, rebuilding a family, living with teens, legal issues, and advocacy.

Parenting Journey in Recovery

April 6-July 6, 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. Parenting Journey in Recovery 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 in recovery prior to the start of the class.

Active Parenting of Teens

April 7-June 23, 2021. Class meets Wednesdays from 6:30-8:00pm (12 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.

Strong Fathers: Positive Discipline Practices & Techniques

April 13-May 18, 2021. Class meets Tuesdays from 6:30-8:00pm (6 weeks)

Fathers and Father-Figures come together to support each other while focusing on discipline which is based on respect, empowerment, caring and cooperation. Learn the power of nonviolent discipline practices and techniques in this module from our Nurturing Skills series.

Parenting Journey

April 15-July 1, 2021. Class meets Thursdays from 6:00-8:00pm (12 weeks)

This curriculum is designed for parents who want to learn more about themselves, their relationships, and the resources they need to effectively parent their children. In a warm and nurturing environment, parents are supported and encouraged to care for themselves and each other, while participating in a series of experiential exercises.

Nurturing Skills: Understanding Children's Growth & Development

April 15-May 20, 2021. Class meets Thursdays from 6:30-8:00pm (6 weeks)

This Nurturing Skills Module focuses on understanding the stages of growth and development including physical, social-emotional, intellectual, and language development. Parents are also supported to reflect on and establish nurturing routines.

For all classes & support groups

[CLICK HERE TO REGISTER](#)

Or email tricia.tousignant@lrcs.org

Parent Café: Growing Gracefully

April 19, 2021, 6:00pm (one-night workshop)

Parent Cafés provide a safe, nurturing environment for parents to have intimate, authentic conversations about their families and ways they can strengthen their families and communities. Aided by Parent Café in a Box questions, all focused on the Protective Factors, parents draw on and recall their strengths and become more conscious and empowered to acknowledge the significance of their role and responsibility in shaping healthy, strong families and communities.

Nurturing Skills: Developing Empathy & Self-Awareness

May 27-July 1, 2021. Class meets Thursdays from 6:30-8:00pm (6 weeks)

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

Strong Fathers: Developing Personal Power & Keeping Kids Safe

May 25-July 6, 2021. Class meets Tuesdays from 6:30-8:00pm (7 weeks)

Fathers and Father-Figures come together to support each other while focusing on personal power and making good choices. Learn positive ways to manage behavior and examine choices that keep all members of the family safe and healthy in this Nurturing Skills module.

Ongoing Support Groups:

Autism Support Group

Meets on the first Monday of each month from 7-8pm and/or on the third Tuesday of each month from 1-2pm.

This is an open monthly peer support group for parents, caregivers and grandparents of children with Autism or children who you suspect may have Autism. These facilitated meetings bring caregivers together to share experience, wisdom and community. Attend sessions during the day, in the evening or both.

NAMI-NH Lakes Region Parent & Caregiver Group

Meets on the second Thursday of each month from 10:30-11:30am.

Do you struggle with your child's or teen's behavior? Join this monthly peer support group, facilitated by the Family Resource Center and NAMI NH. Learn and share strategies for dealing with challenging behaviors, find out about resources that are available to help you, and meet other families who understand your situation...you are not alone in this journey.

Kinship Caregiver Support Group

Meets on the last Monday of each month from 12:00-1:00pm.

Parenting is tough; parenting a second time can be even harder. This group aims to bring grandparents and other relative caregivers together to celebrate successes, mourn losses, problem solve for the hard times, and give support to one another. We hope you can join us to hear from other kinship caregivers and learn more about resources and opportunities that are available in your community. This program is sponsored by the Family Resource Center of Central NH and the Greater Tilton Area Family Resource Center.

For all classes & support groups

CLICK HERE TO REGISTER

Or email tricia.tousignant@lrcs.org



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