


# Nurture Hope

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



on 

**When:** Wednesday evenings from 6:30-8:00pm  
**8 week series begins January 5, 2022**

**To register, go to:** [www.lrcs.org/parentedregistration](http://www.lrcs.org/parentedregistration)  
**or email:** [tricia.tousignant@lrcs.org](mailto: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