



### Active Parenting of Teens

**January 5-March 30, 2022. 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.

**\*There will be no class on March 2, 2022\***

### Nurture Hope

**January 5-February 23, 2022. Class meets Wednesdays from 6:30-8:00pm (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.

### Developing Empathy & Self-Awareness—A Nurturing Skills Module\*

**January 6-February 10, 2022. Daytime and Evening Sessions Available!**

**Thursdays 10:00-11:30am —OR— Thursdays 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.

### Cooperative Parenting & Divorce

**January 11-February 3, 2022. Class meets twice weekly on Tuesdays & Thursdays from 6:00-8:00pm (4 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. While co-parents are welcome to take this class together, it is not required.

### Strong Fathers: Understanding Children's Growth & Development

**January 11-February 15, 2022. Class meets Tuesdays from 6:30-8:00pm (6 weeks)**

In this Nurturing Skills module, fathers and father-figures come together to support each other while focusing on creating a nurturing environment that stimulates children's overall healthy development. Topics covered include brain development, developmental milestones, creating nurturing routines, and encouraging a growth mindset.

### Tenant 101

**January 19-February 9, 2022. Class meets Wednesdays from 6:00-8:00pm (4 weeks)**

Do you have poor or negative landlord references? Do you want to work on changing them? Come learn how to be the best tenant you can be. Topics include what to look for in an apartment, how to complete a rental application, what to expect in an interview, evaluating whether or not an apartment is affordable, landlord/tenant rights, the eviction process, and being a good neighbor.

### Parenting with Resilience

**February 8-March 22, 2022. Class meets Tuesdays from 6:30-8:00pm (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.

**\*There will be no class on March 1, 2022\***

### Parenting the Second Time Around

**February 16-April 13, 2022. Class meets Wednesdays from 6:00-8:00pm (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.

**\*There will be no class on March 2, 2022\***

### The Whole Brain Child

**March 9-April 20, 2022. Class meets Wednesdays from 6:30-8:00pm (7 weeks)**

Based on the New York Times Bestseller by Daniel J. Siegel and Tina Payne Bryson, this class will cover twelve revolutionary strategies to nurture your child's developing mind. Learn the science of how a child's brain is wired, how it matures and how you can apply this knowledge to everyday parenting. The Whole Brain Child will teach you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.

**For all classes & support groups**

**Register at: [www.lrcs.org/parentedregistration/](http://www.lrcs.org/parentedregistration/)**

**Or email [tricia.tousignant@lrcs.org](mailto:tricia.tousignant@lrcs.org)**

**Positive Discipline Practices & Techniques—A Nurturing Skills Module\***

**March 10-April 14, 2022. Daytime and Evening Sessions Available!**

**Thursdays 10:00-11:30am —OR— Thursdays 6:30-8:00pm (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.

**Parenting Journey**

**March 10-June 2, 2022. 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.

**\*There will be no class on April 28, 2022\***

**Strong Fathers: Developing Empathy & Self-Awareness**

**March 15-April 19, 2022. Class meets Tuesdays from 6:30-8:00pm (6 weeks)**

Fathers and father-figures come together to support each other while focusing on the importance of empathy and techniques for managing feelings such as anger & stress in this module from our Nurturing Skills series.

**Parenting Journey in Recovery**

**March 29-July 5, 2022. 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.**

**\*There will be no class on April 26, 2022\***

## Ongoing Support Groups:

**Autism Support Group**

**Meets on the first Monday of each month from 7-8pm and/or on the third Wednesday 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 first and third Tuesdays of each month from 6:30-7:30pm.**

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.

**Family Ties Inside Out Support Group**

**Dates/Times vary based on the age of participants. For scheduling information, please email [tricia.tousignant@lrcs.org](mailto:tricia.tousignant@lrcs.org).** Children of incarcerated parents and their caregivers need to know they are not alone! Join us for a safe place to feel supported, offer understanding to others, process feelings, and learn how to cope with them. Children's groups will do all of this through games, stories, and other playful activities. All support groups will be held via Zoom. All participants will receive a \$20 Walmart gift card for each session they attend. Separate support groups exist for: Children ages 3-4, Children ages 5-9, Middle School (ages 10-13), High School (ages 14-18) and Caregivers.

## For all classes & support groups

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Or email [tricia.tousignant@lrcs.org](mailto:tricia.tousignant@lrcs.org)