



Cooperative Parenting & Divorce

May 3-May 26, 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.

Nurture Hope

May 4-June 22, 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.

Nurturing Skills: Developing Personal Power & Keeping Kids Safe

May 5-June 16, 2022. Daytime and Evening Sessions Available!

Thursdays 10:00-11:30am —OR— Thursdays 6:30-8:00pm (7 weeks)

This Nurturing Skills Module focuses on building children's self-worth and learning how to prevent and handle power struggles. Guest speakers will focus on helping caregivers empower children to make safe and healthy choices. They will also present ideas for keeping the lines of communication open throughout childhood and adolescence.

Your Money, Your Goals

June 1-July 27, 2022. Class meets Wednesdays from 6:00-8:00pm (9 weeks)

This 9-week series will help participants learn strategies to better manage their money, increase financial fitness, and meet personal financial goals. Topics covered include: generating and protecting your income, understanding credit, banking basics, smart borrowing, safe debt management, & understanding taxes.

Nurturing Skills: Understanding Children's Growth & Development

June 23-July 28, 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 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.

For all classes & support groups

Register at: www.lrcs.org/parentedregistration/

Or email tricia.tousignant@lrcs.org

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.

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 parent education classes & support groups

Register at: www.lrcs.org/parentedregistration/

Or email tricia.tousignant@lrcs.org

In-Person Socialization Groups for Children and Caregivers

Traveling Playgroup at Tardif Park, Crescent St. Laconia

Tuesdays at 9:00am, beginning May 3, 2022

Traveling Playgroup is a safe, weekly opportunity for young children & caregivers to socialize and exercise outside with other children & families. Drop-in playgroup, no prior registration required.

Happy Sounds: Sharing Music & Movement

Wednesday mornings from 9:00-9:45am, beginning May 4, 2022

A free, weekly class where caregiver and child participate together in movement and rhythm activities set to music. A great opportunity for building social skills while enjoying all of the physical, emotional, & intellectual benefits that interaction with music can bring. Drop-in class, no prior registration required. Held at the Family Resource Center, 719 N Main St. Laconia

Giggles 'n Grins Playgroup

Thursday, and Friday mornings from 9:00-11:00am, beginning May 5, 2022

A free, inclusive community playgroup that provides children from birth to age 5 with the opportunity to play and develop critical social-emotional skills. Families have the chance to share parenting ideas and concerns, establish friendships, and decrease isolation. Drop-in class, no prior registration required. Held at the Family Resource Center, 719 N Main St. Laconia



The Linden Foundation

The Samuel P. Pardoe Foundation

