



Engage. Empower. Inspire.

## Nurturing Skills for Families

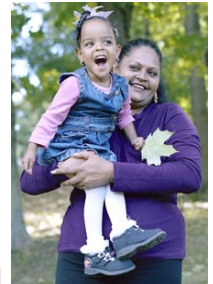
# Developing Empathy & Self-Awareness

**A 6-week Zoom Series**

**beginning August 4, 2022**

**Daytime and Evening Classes Available!**

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



Join Parent Educators

from the Family Resource Center of Central NH as we discuss

**“Developing Empathy & Self-Awareness”**

in an interactive Zoom series.

This Nurturing Skills Module helps caregivers better understand what empathy is, how it can build connection, and why it is important in nurturing children. Topics covered include recognizing & understanding feelings, helping children learn to cope with uncomfortable feelings, what happens in the brain when it is responding to stress, techniques for expressing anger, and healthy communication.

This six-week series is open to anyone...

parents, caregivers, parents-to-be, extended family, professionals supporting families, etc.

All are welcome!

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



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