



All fall parent education classes will be offered in “hybrid” format. Participants can choose to attend in person at our office at 719 North Main St or virtually via Zoom.

Nurture Hope

September 13-November 1, 2022. Class meets Tuesdays 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. *For participants who attend in person, dinner will be served at 6pm.*

Positive Discipline Practices & Techniques—A Nurturing Skills Module

September 15-October 20, 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 including redirection as well as natural & logical consequences.

For participants who attend in person, dinner will be served at 6pm.

Active Parenting of Teens

September 15-October 20, 2022. Class meets Thursdays from 6:00-8:00pm (6 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.

For participants who attend in person, dinner will be served during class at 6pm.

Parenting Journey in Recovery

September 20-December 20, 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.**

For participants who attend in person, dinner will be served during class at 6pm.

Cooperative Parenting & Divorce

October 19-December 14, 2022. Class meets on Wednesdays from 6:00-8:00pm (8 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.

For participants who attend in person, dinner will be served during class at 6pm.

Developing Personal Power and Keeping Kids Safe—A Nurturing Skills Module

October 27-December 15, 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 personal power and making good choices. Attendees will learn positive ways to manage behavior and examine choices that keep all members of the family safe and healthy. Additional topics to be covered will include children’s self-worth and handling power struggles. *For participants who attend in person, dinner will be served at 6pm.*

A Book Study of “The Explosive Child” by Dr. Ross Greene

November 8-December 13, 2022. Class meets on Tuesdays from 6:30-8:00pm (6 weeks)

Do you have a child who responds to routine problems with extreme frustration and outbursts that leave you feeling desperate for help? In his book, “The Explosive Child”, Dr. Ross Greene helps parents to understand why the strategies that work for other kids don’t work for theirs; and what to do instead. His research-based approach to addressing challenging behaviors is grounded in a collaborative and proactive problem-solving framework that gives children a voice and empowers them to be part of the solution rather than merely the recipient of a punishment. *For participants who attend in person, dinner will be served at 6pm.*

For all classes, register at www.lrcs.org/parentedregistration/
or email tricia.tousignant@lrcs.org

On-site childcare may be available if reserved at the time of registration.

Ongoing Support Groups:

Autism Support Group

Meets on the first Monday of each month from 7-8pm on Zoom.

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.

Kinship Caregiver Support Group

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

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 Archways.

Family Ties Inside Out Support Group

Dates/Times vary based on age of participants. For scheduling information, please email tricia.tousignant@lracs.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 support groups, register at www.lracs.org/parentedregistration/
or email tricia.tousignant@lracs.org



Come Play with Us!



Traveling Playgroup

Tuesdays 9:00-10:00am (weather permitting) at Tardif Park, Crescent St. Laconia through September 27, 2022
Traveling Playgroup is a safe, weekly opportunity for young children & caregivers to socialize and exercise outside with other children & families.

Happy Sounds Music Group

Wednesdays 9:00-9:45am at our Main Office, 719 North Main St. Laconia

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.

Giggles & Grins Playgroup

Thursdays and Fridays 9:00-11:00am at our Main Office, 719 North Main St. Laconia

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. ***As of October 4th, Giggles & Grins will also be held on Tuesdays!***

All playgroups are free and drop-in (no pre-registration required).

Playgroups are designed for children ages birth to 5 years old. Older siblings may be allowed if there is space.

Caregivers must attend groups with their children and supervise them at all times.

For more information, call Trish at (603) 528-0391 or email tricia.tousignant@lracs.org



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