

# Nurture Hope

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



## **\*HYBRID COURSE\***

Participants can choose to attend in person at our office at 719 North Main St. Laconia, NH

OR virtually via Zoom

When: Tuesday evenings from 6:30-8:00pm

8 week series begins September 13, 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

For participants who attend in person, dinner will be served at 6:00pm and on-site childcare may be available if reserved at the time of registration.