

LRCS
**FAMILY RESOURCE
 CENTER**

Engage. Empower. Inspire.



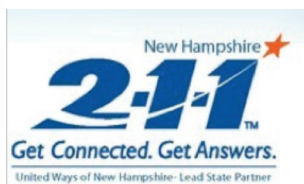
FAMILY RESOURCE GUIDE

The Family Resource Center of Central New Hampshire believes that strong families lead to strong communities. For hundreds of families living in the Lakes Region, the Family Resource Center, provides respectful, non-judgmental services to assist families to meet needs, make positive connections and prepare their children for success today and tomorrow. The Family Resource Center has programs and services in both Laconia and Plymouth. Serving families in Belknap & Southern Grafton Counties.

Contact the Family Resource Center to get information about parent education classes and workshops, early education playgroups, early learning initiatives, home visiting, supports and services for children birth to age 3 with developmental delays or disabilities and referrals to connect you with additional community resources and supports for families.

Family Resource Center of Central New Hampshire
 A Program of Lakes Region Community Services
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Family Resource Center of Central New Hampshire SUPPORTS & SERVICES

Giggles and Grins – Early Childhood Community Playgroup

Giggles and Grins, a community-centered playgroup for children ages birth to age 5, is located at the Family Resource Center in downtown Laconia. At no cost to families, Giggles and Grins' early childhood teachers offer their expertise several mornings a week, provide a fun experience and help children to develop strong social and emotional skills. The Giggles and Grins program provides parents and caregivers a wonderful opportunity to get together socially and establish friendships.



Parenting Education and Support—Workshops and Classes for Parents and Family Members

Offered day and evening, with a variety of topics and formats to give parents the support and confidence they need to develop important skills, these popular classes and supports make a real difference for families. Programs are open to the community and childcare and dinner are available free of charge to participants.



Early Learning Initiatives—Off to a Great Start

School districts, child care centers, physicians' offices and others interested in getting children off to a good start in their early years, work together on a variety of programs that prepare young children for success in school and beyond. Popular programs offered throughout the Lakes Region include Born Learning, READY! for Kindergarten, Watch Me Grow and Dolly Parton's Imagination Library.

Welcome Baby!—Connecting Newborns to their Communities

Welcome Baby! celebrates the birth of a baby with families of newborns residing in Belknap County. New families receive welcome gifts and information on community supports delivered by Family Resource Center volunteers.

Step Ahead—Building a Successful Future for Families with Children

The Step Ahead Program provides services and supports to families with children under the age of 21. The Step Ahead program meets the individual needs of families, helping them to take control of their future. Free support services include - home visiting, family aides, health education, child development screening, help with community resources and money management. **Home Visiting New Hampshire**, a part of the Step Ahead Program, supports pregnant women under the age of 21 and their newborns.

Early Support and Services—Healthy Development of Children 3 and Younger

Early intervention services are available to children birth to age 3 with developmental disabilities or delays who reside in Belknap and Southern Grafton Counties. The program offers support and consultation for parents and or caregivers centered on the developmental needs of the child.

The Autism Center of Central NH—Connecting the Puzzle Pieces for Families

Empowering parents to educate, encourage, support and advocate for their child with an Autism Spectrum Disorder, the Autism Center uses evidence-based practices and a child friendly team approach to achieve family and assessment-driven objectives. Parents receive training and strategies for successful outcomes in their natural family routines. Programs vary in structure and delivery for the specific needs of children and families. Children birth to age 3 with an autism diagnosis are eligible for the program which offers center and home based services.

Information & Referral Services: Connecting Families to Resources in their Community

The Family Resource Center works to connect all families with appropriate services and supports. For a list of other community resources available for area families visit: www.lrcs.org and click on the Family Resource Center - Community Connections tab or call 524- 8811.

