LRCS Family Resource Center of Central New Hampshire

“Our parent education classes encourage all caregivers to strengthen their nurturing relationships with their children, learn new skills to handle challenging situations, connect with other resources in their community, and find comfort in knowing that parenting does not have to be an isolated journey”

Tricia Tousignant, Parent Education Manager LRCS Family Resource Center of Central NH

Amanda’s Story

Amanda has six children, ranging in age from 18 to 6 months old. She completed every parenting class offered by the Family Resource Center, reaching her goals in parental consistency and strengthening family bonds. Amanda wanted to give back and went on to co-facilitate “Positive Solutions for Families” to share what she has learned with others.

If you know her history of significant childhood trauma and addiction, Amanda’s progress is nothing short of inspiring. As a result of her life experiences, Amanda used to say things like, “I’m not capable of having empathy” and “I don’t know how to care about other people’s feelings.”

The heartfelt connections she makes with struggling parents, responding with genuine empathy, validates the transformational power of parent education.

Early Supports and Services has truly changed life for my family. Without the professionals who work with Baylee, she would not be where she is today. Having Down syndrome has its own challenges but Baylee also has a trach and ventilator which makes things like walking, talking and typical toddler play even harder. With their impeccable knowledge and guidance our family is able to work with Baylee every day to help her achieve her goals. We cannot thank you enough!
In 2017 LRCS' Autism Center partnered with Advantage Kids to bring the national program ACEing Autism to New Hampshire for the first time. Children enrolled in the program are paired with volunteers from the Lakes Region Tennis Association to learn the fundamentals of the sport through taking turns, working on teams and following instructions. The Autism Center’s mission is to support parents to encourage, educate and advocate for their child on the Autism spectrum and ACEing Autism is just one example of the effort.

Aceing Autism

Finding Your Place

Heather came to LRCS a couple of years ago after moving to the area from Concord. She was attending cosmetology school, which she wasn’t sure she would be able to finish because of transportation issues and other barriers that were making it difficult for her to continue. Heather received some Supported Independent Living services and assistance with transportation needs. She also worked at the Plymouth Area Community Closet so she could develop her customer service skills and learn to operate a cash register. The services Heather received along with her hard work has paid off. She recently graduated and has secured a job at a local salon.

Home Is Where The Heart Is

Noelle looked at her family and their big house with bedrooms to spare and knew that they could make a difference in someone’s life. That desire led Noelle to become a provider in LRCS’ Shared Family Living program. Noelle was matched with Tom, who needed a home that provided a warm, nurturing environment. “Since Tom had been living with another home provider for several years I was concerned the transition might be difficult for him. But it went rather smoothly.” Noelle's family has bonded with Tom. “Tom loves to play with the baby and he and my son enjoy playing cards. He's helped my kids understand that everybody is not the same, but we treat everyone with respect.”

Helping People Live Meaningful Lives In The Community

Bette turned her love of cooking into an opportunity to earn income with the help of her Direct Support Professional, Kim. Bette lives in one of LRCS’ residential homes where she has access to a full kitchen and uses her IPad to find creative recipes ideas. Working together Bette and Kim plan menus, shop for ingredients and cook and deliver meals. People know about Bette and they keep her in mind when they have a catering need, says Kim. And everyone loves her lemon cookies!

LIVING WITH INDEPENDENCE

HomeAssist

Maddie and Frank, both in their 80s, have been married for 66 years. They raised three children and lived in the same community all of their lives. When their large home became too much for them, they downsized into an apartment so they could continue to live independently. It’s an arrangement that still works for them, even though Maddie has very limited mobility and Frank is legally blind. They love and trust their HomeAssist caregiver.

Just a note of appreciation for the staff that serve those who live alone and need your services. You help me stay in my home-I worked so hard to have and I love. Thank you for my independence.

SUCCESS AT WORK

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Your donation to the LRCS Foundation Annual Fund provides flexible, unrestricted monies to help individuals and families served by LRCS who have immediate and urgent needs not covered by other sources – such as medical and dental expenses, crisis services, and training and tools to find employment opportunities. LRCS works tirelessly to support the individuals and families they serve so they can live full lives with dignity in their community. Funding for these programs is never assured and doesn’t begin to cover all the necessities.

Dona Murray, Meredith Investment Professional and former LRCS Foundation Board Member

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