



Parent Education & Support ~ Fall 2019

Sober Parenting Journey*

Tuesday evenings from 5:30-8:00pm, beginning September 10 (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. Sober Parenting Journey 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 sobriety prior to the start of the class. *Dinner served during class.*

Meets on 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3, & 12/10.

Parenting the Second Time Around*

Tuesday evenings from 6:00-8:00pm, beginning September 10 (7 weeks)

This series is intended to support grandparents and other relatives who are parenting...again! Topics include: child development, discipline & guidance, caring for yourself as a caregiver, rebuilding a family, living with teens, legal issues, and advocacy.

Dinner served from 5:30-6:00pm.

Meets on 9/10, 9/17, 9/24, 10/1, 10/8, 10/15 & 10/22.

Cooking Matters for Parents*

Tuesday evenings from 6:00-8:00pm, beginning September 10 (6 weeks)

Learn how to make tasty and healthy recipes for your family and share a meal together in class! Groceries will be provided to each household each week, to re-create the meal cooked in class for the rest of your family. Income guidelines apply.

Dinner prepared during class.

Meets on 9/10, 9/17, 9/24, 10/1, 10/8 & 10/15. To register call Brenda Carey at 527-5475 or email brenda.carey@unh.edu.

Understanding Children's Growth & Development—A Nurturing Skills Module*

Beginning September 12 (5 Weeks & Orientation) Daytime and Evening Sessions Available!

Thursdays 11:00am-1:00pm Lunch included. —OR— Thursdays 6:00-8:00pm Dinner served from 5:30-6:00pm.

This Nurturing Skills Module focuses on understanding the stages of growth and development and on establishing nurturing, predictable family routines.

Meets on 9/12, 9/19, 9/26, 10/3, 10/10 & 10/17.

Positive Solutions for Families*

Thursday evenings from 6:00-8:00pm, beginning September 19 (6 Weeks)

Designed for parents of preschool-aged children (2 and-a-half to 5 years), participants will learn how to promote children's social & emotional skills, understand children's problem behavior, and use positive approaches to help children learn appropriate behavior. Topics include: building relationships, play, clear expectations, managing emotions, promoting positive behavior, & building routines.

Dinner served from 5:30-6:00pm.

Meets on 9/19, 9/26, 10/3, 10/10 & 10/17 & 10/24.

Autism Center Open House

Wednesday evening from 6:00-8:00pm, September 25 (One-Time Event)

An opportunity to meet representatives from a variety of service providers (ABA, behavioral, occupational, physical & speech therapists) who work in multiple settings (in-home, clinical and educational) to support children with Autism Spectrum Disorder and their families. Providers will be on-hand to answer questions and supply information on their agencies' structure, philosophy, available services, and enrollment processes.

Nurture Hope*

Wednesday evenings from 6:00-8:00pm, beginning October 2 (11 Weeks)

An educational series for parents with children who have special needs and health challenges, 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 include: appropriate parental expectations, empathic awareness of the feelings & needs of children, effective discipline strategies, family rules, effective communication, stress & coping techniques for parents & children, and personal power & independence. *Dinner served from 5:30-6:00pm.*

Meets on 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11 & 12/18. *There will be NO CLASS on Nov. 27*

Developing Empathy & Self-Awareness—A Nurturing Skills Module*

Beginning October 24 (5 Weeks & Orientation) Daytime and Evening Sessions Available!

Thursdays 11:00am-1:00pm Lunch included. —OR— Thursdays 6:00-8:00pm Dinner served from 5:30-6:00pm.

This Nurturing Skills Module focuses on the importance of empathy in parents and children, and on techniques for managing feelings, anger, and stress.

Meets on 10/24, 11/7, 11/14, 11/21, 12/5 & 12/12. *There will be NO CLASS on Oct. 31 or Nov. 28*

To register for classes, call 528-0391 or e-mail tricia.tousignant@lrsc.org

***Limited on-site childcare available for these programs. Please reserve a space for your child when you call to register.**

Revised 8/7/19

Parent Education & Support—Continued

Cooperative Co-Parenting*

Tuesday evenings from 6:00-8:00pm, beginning October 29 (4 Weeks)

For divorced and/or separated parents and other caregivers who are raising children in different households. Topics include: coping through separation and transition, dealing with stress and anger, positive communication, conflict resolution, negotiation, mediation & guardianship. Co-parents are welcome to attend together, but it is not required. *Dinner served from 5:30-6:00pm.*
Meets on 10/29, 11/5, 11/12 & 11/19.

Parenting Journey*

Thursday evenings from 5:30-8:00pm, beginning November 7 (12 Weeks)

A 12-week curriculum designed for parents who want to learn more about themselves, their relationships, and the resources they need to effectively parent their children. In a warm and nurturing environment parents are supported and encouraged to care for themselves and each other, while participating in a series of experiential exercises. *Dinner served during class.*

Meets on 11/7, 11/14, 11/21, 12/5, 12/12, 12/19, 1/2, 1/9, 1/16, 1/23, 1/30 & 2/6.

There will be NO CLASS on Nov. 28 or Dec. 26

Active Parenting of Teens*

Tuesday evenings from 6:00-8:00pm, beginning November 26 (6 Weeks)

Gives 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. *Dinner served from 5:30-6:00pm.*

Meets on 11/26, 12/3, 12/10, 12/17, 1/7 & 1/14. *There will be NO CLASS on Dec. 24 or Dec. 31*

To register for classes, call 528-0391 or e-mail tricia.tousignant@lrsc.org

***Limited on-site childcare available for these programs. Please reserve a space for your child when you call to register.**

Ongoing Programs & Support

Traveling Playdate

Monday mornings from 9:00-10:00am through October

Join your friends from the Family Resource Center as we explore many of the beautiful parks throughout Laconia. Traveling playdate will be cancelled in the event of bad weather. Updates will be posted to the calendar at www.lrsc.org.

Opechee Park: 8/5, 9/9 & 10/7. Wyatt Park: 8/12, 9/16 & 10/21. Tardif Park: 8/19, 9/23 & 10/28. Leavitt Park: 8/26, & 9/30. For more information, call Tricia at 528-0391 or email tricia.tousignant@lrsc.org.

Giggles 'n Grins Playgroup

Tuesday, Thursday, and Friday mornings from 9:00-11:00am

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. **For more information, call Tricia at 528-0391 or email tricia.tousignant@lrsc.org.**

Happy Sounds: Sharing Music & Movement

Wednesday mornings from 9:00-9:45am

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. **For more information, call Tricia at 528-0391 or email tricia.tousignant@lrsc.org.**

Pre-Teen Recovery Outreach Group

Tuesday evenings from 6:00-7:00pm

This weekly support group, sponsored by Navigating Recovery, offers a safe place for pre-teens who are affected by someone else's past or present alcohol or drug use. It is an opportunity to talk, share feelings, and learn strategies to cope with the stress that can accompany such circumstances. This group, which originally began as an Alateen meeting, has become much more than Alateen, but still maintains many of the anonymous program's tools and messages.

For more information, call Tricia at 528-0391 or email tricia.tousignant@lrsc.org.

Family Leadership Council*

Meets on the first Wednesday of every month from 4:00-5:00pm

Are you interested in providing valuable input and playing an important role in enhancing the supports offered through the Family Resource Center? Please consider joining the Family Leadership Council. The Council consists of parents, grandparents, and other caregivers that have been or are currently being supported by the FRC. Members are called upon to assist staff with family events, advocacy, and outreach. We look forward to hearing from you.

For more information, call Alyssa at 581-1577 or email alyssa.mahoney@lrsc.org.



The Linden
Foundation

The Samuel P. Pardoe
Foundation