

Nurture Hope

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



When: Wednesday evenings from 6:00-8:00 pm

Dinner served at *5:30pm.*

11 week series begins October 2, 2019

Where: The Family Resource Center

719 No. Main Street, Laconia, NH

To register: Contact Tricia T. at **528-0391**

or e-mail tricia.tousignant@lrsc.org

Limited on-site childcare and assistance with transportation available upon request.

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