

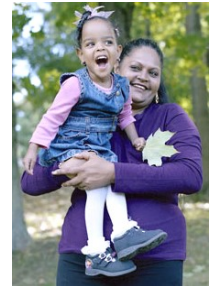
Nurturing Skills for Families

THURSDAY MORNINGS – 11:00AM TO 1:00PM OR THURSDAY EVENINGS – 6:00 TO 8:00 PM

Module dates:	Module Focus
Sept. 12 (Orientation) Sept. 19 Sept. 26 Oct. 3 Oct. 10 Oct. 17	<p style="text-align: center;">Understanding Children’s Growth & Development</p> Overview of children’s growth and development; understanding the importance of nurturing, predictable family routines. (5-week module)
Oct. 24 (Orientation) Nov. 7 Nov. 14 Nov. 21 Dec. 5 Dec. 12	<p style="text-align: center;">Developing Empathy & Self-Awareness</p> The importance of empathy and techniques for managing feelings anger and stress. (5-week module)
Jan. 9 (Orientation) Jan. 16 Jan. 23 Jan. 30 Feb. 6 Feb. 13	<p style="text-align: center;">Positive Discipline Practices & Techniques</p> Discipline is based on respect, empowerment, caring and cooperation. Learn the power of nonviolent discipline practices and techniques. (5-week module)
March 5 (Orientation) March 12 March 19 March 26 April 2 April 9 April 16	<p style="text-align: center;">Developing Personal Power & Keeping Kids Safe</p> Learn positive ways to manage behavior and examine choices that keep all members of the family safe and healthy. (6-week module)

Attend one module or all 4!

Choose day or evening classes!



Start with any module and still complete the series!

Thursdays 11:00am-1:00pm, lunch included OR Thursdays 6:00-8:00pm, dinner served at 5:30.

Participation is free. Satisfies most court-mandated parenting class requirements. Limited on-site childcare and assistance with transportation available upon request. Orientation, pre-assessment & post-assessment surveys are part of the series.

To register: Contact Tricia T. at 528-0391 or email tricia.tousignant@lrCS.org
Classes held at the Family Resource Center, 719 No. Main Street, Laconia, NH



The Linden Foundation	The Samuel P. Pardoe Foundation
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