

The Parenting Journey

Come join us in a unique parenting journey of
self-discovery.



Within a supportive environment and over a warm dinner, parents will:

- ◇ Participate in a twelve-week, self-reflective and nurturing program
- ◇ Reflect back on childhood experiences to gain an understanding of how it may be impacting current parenting and life choices
- ◇ Learn to forgive yourself and others and let go of things that may be getting in the way of reaching goals
- ◇ Set personal and family goals that will decrease stress and increase positive relationships at home
- ◇ Identify parenting as love, nurturing, protection and teaching

Thursday evenings from 5:30-8:00 pm
Dinner served in class

12-Week Series begins November 7, 2019

The Family Resource Center
719 No. Main Street, Laconia, NH

To register: Contact Tricia T. at 528-0391 or e-mail
tricia.tousignant@lracs.org

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



The Linden
Foundation

The Samuel P. Pardoe
Foundation