



Engage. Empower. Inspire.

Nurturing Skills for Families

Developing Empathy & Self-Awareness

A 6-week Zoom Series beginning January 6, 2022

Daytime and Evening Classes Available!

Thursdays 10:00-11:30am OR 6:30-8:00pm



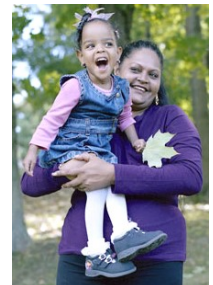
Join Parent Educators
from the **Family Resource Center of Central NH**

as we discuss

“Developing Empathy & Self-Awareness”

in an interactive Zoom series.

This Nurturing Skills Module focuses on the importance of empathy and techniques for managing feelings such as anger & stress.



This six-week series is open to anyone...

parents, caregivers, parents-to-be, extended family, professionals supporting families, etc.

All are welcome!

To register go to www.lrcs.org/parentedregistration/ or email tricia.tousignant@lrcs.org



The Linden
Foundation

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