



Strong Fathers: Positive Discipline Practices & Techniques

September 14-October 19, 2021. Class meets Tuesdays from 6:30-8:00pm (6 weeks)

Fathers and Father-Figures come together to support each other while focusing on discipline which is based on respect, empowerment, caring and cooperation. Learn the power of nonviolent discipline practices and techniques in this module from our Nurturing Skills series.

Developing Personal Power and Keeping Kids Safe—A Nurturing Skills Module*

September 16-October 28, 2021 Daytime and Evening Sessions Available!

Thursdays 10:00-11:30am —OR— Thursdays 6:30-8:00pm (6 weeks)

This Nurturing Skills Module focuses on personal power and making good choices. Attendees will learn positive ways to manage behavior and examine choices that keep all members of the family safe and healthy.

Active Parenting of Teens

September 22-December 15, 2021. Class meets Wednesdays from 6:30-8:00pm (12 weeks)

Active Parenting of Teens will give 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.

Cooperative Parenting & Divorce

September 21-October 12, 2021. Class meets twice weekly on Tuesdays & Thursdays from 6:00-8:00pm (4 weeks)

This program helps separated/divorced parents shield their children from parental conflict. Parents learn to guide their children through the process of recovery while establishing a cooperative long-term relationship with the other parent. This program educates parents on the impact their conflict has on their children, and teaches parents the practical skills they need to manage anger, increase impulse control, resolve conflict and talk to each other without arguing. While co-parents are welcome to take this class together, it is not required.

Nurture Hope

September 29-November 17, 2021. Class meets Wednesdays from 6:30-8:00pm (8 weeks)

This series is designed for parents with children who have special needs and health challenges, giving them an opportunity to explore their hopes and fears, develop effective parenting skills, enhance communication, develop strategies for facing challenges and recognize opportunities for celebration.

Parenting Journey in Recovery

October 19, 2021-February 1, 2022. Class meets Tuesdays from 6:00-8:00pm (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. Parenting Journey in Recovery 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 in recovery prior to the start of the class.**

Parenting a Second Time Around

October 21-December 16, 2021. Class meets Thursdays from 6:30-8:00pm (8 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.

For all classes & support groups
Register at: www.lrcs.org/parentedregistration/
Or email tricia.tousignant@lrcs.org

Fall Parent Education Offerings Continued

Strong Fathers: Developing Personal Power & Keeping Kids Safe
October 26-December 7, 2021. Class meets Tuesdays from 6:30-8:00pm (7 weeks)

Fathers and Father-Figures come together to support each other while focusing on personal power and making good choices. Learn positive ways to manage behavior and examine choices that keep all members of the family safe and healthy in this Nurturing Skills module.

Positive Solutions for Families

October 28-December 9, 2021. Class meets Thursdays from 6:30-8:00pm (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.

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

November 4-December 16, 2021 Daytime and Evening Sessions Available!

Thursdays 10:00-11:30am —OR— Thursdays 6:30-8:00pm (6 weeks)

This Nurturing Skills Module focuses on understanding the stages of growth and development including physical, social-emotional, intellectual, and language development. Parents are also supported to reflect on and establish nurturing routines.

Ongoing Support Groups:

Autism Support Group

Meets on the first Monday of each month from 7-8pm and/or on the third Wednesday of each month from 1-2pm.

This is an open monthly peer support group for parents, caregivers and grandparents of children with Autism or children who you suspect may have Autism. These facilitated meetings bring caregivers together to share experience, wisdom and community. Attend sessions during the day, in the evening or both.

NAMI-NH Lakes Region Parent & Caregiver Group

For scheduling information, please email tricia.tousignant@lrcs.org

Do you struggle with your child's or teen's behavior? Join this monthly peer support group, facilitated by the Family Resource Center and NAMI NH. Learn and share strategies for dealing with challenging behaviors, find out about resources that are available to help you, and meet other families who understand your situation...you are not alone in this journey.

Kinship Caregiver Support Group

Meets on the last Monday of each month from 12:00-1:00pm.

Parenting is tough; parenting a second time can be even harder. This group aims to bring grandparents and other relative caregivers together to celebrate successes, mourn losses, problem solve for the hard times, and give support to one another. We hope you can join us to hear from other kinship caregivers and learn more about resources and opportunities that are available in your community. This program is sponsored by the Family Resource Center of Central NH and the Greater Tilton Area Family Resource Center.

Family Ties Inside Out Support Group

Dates/Times vary based on age of participants. For scheduling information, please email tricia.tousignant@lrcs.org

Children of incarcerated parents and their caregivers need to know they are not alone! Join us for a safe place to feel supported, offer understanding to others, process feelings, and learn how to cope with them. Children's groups will do all of this through games, stories, and other playful activities. All support groups will be held via Zoom. All participants will receive a \$20 Walmart gift card for each session they attend. Separate support groups exist for: Children ages 3-4, Children ages 5-9, Middle School (ages 10-13), High School (ages 14-18) and Caregivers.

For all classes & support groups

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