

Nurture Hope

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



on 

When: Wednesday evenings from 6:30-8:00pm
8 week series begins September 29, 2021

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

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