

Incarceration Affects the Whole Family

Children of incarcerated parents and their caregivers need support.

The Family Ties Inside Out Project is here to help with a number of new virtual support groups.

| Audience: | Hosted by: | Day/Time: | To Register: |
|---|---------------------------------------|--|--|
| Preschool-aged Children & their Caregivers (Ages 3-4 years) | Family Connections Resource Center | Last Wednesday of each month 9:00-10:00am | Email sjones@childrenunlimitedinc.org |
| Elementary School (Ages 5-9 years) | Family Resource Center of Central NH | Twice monthly on the 2nd and 4th Mondays of each month 4:30-5:30pm | Sign up now Or email tricia.tousignant@lrscs.org |
| Middle School (Ages 10-13 years) | The Family Resource Center Of Gorham | The 3rd Tuesday of each month 2:30 –3:30pm OR 4:30-5:30 pm | Family Ties Inside Out (office.com) Or email kat.morris@frc123.org |
| High School (Ages 14-18 years) | The Upper Room Family Resource Center | Twice monthly on the 2nd and 4th Wednesdays of each month 7:30-8:30pm | Sign up now Or email bguggisberg@urteachers.org |
| Caregivers of Children with Incarcerated Parents | Families First | Last Monday of the month 7-8pm | Email jclement@familiesfirstseacoast.org |
| Caregivers of Children with Incarcerated Parents | Archways | First Thursday of each month 1:00-2:00 pm | To sign up, email dlafrazia@archwaysnh.org |

Children of incarcerated parents and their caregivers need to know they're 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 consist of talking and through games, stories & other playful activities.

All participants will receive A Walmart Gift Card for each session they attend.

All support groups will be held via Zoom.