



Nurturing Skills for Families Developing Empathy & Self-Awareness



**A 6-week series beginning January 11, 2024
Daytime and Evening Classes Available!
Thursdays 10:00-11:30am OR 6:30-8:00pm**



HYBRID COURSE

Participants can choose to attend in person at our office at 719 North Main St. Laconia, NH
OR virtually via Zoom

This Nurturing Skills Module helps caregivers better understand what empathy is, how it can build connection, and why it is important in nurturing children. Topics covered include recognizing & understanding feelings, helping children learn to cope with uncomfortable feelings, what happens in the brain when it is responding to stress, techniques for expressing anger, and healthy communication.

For participants who attend in person, dinner will be served at 6:00pm and on-site childcare *may be available* if reserved at the time of registration.

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