

Nurture Hope

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



HYBRID COURSE

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

When: Wednesday evenings from 6:30-8:00pm
8 week series begins January 24, 2024

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

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, space is limited.