

Winter Parent Education Offerings

All winter parent education classes will be offered in “hybrid” format. Participants can choose to attend in person at our office at 719 North Main St., Laconia or virtually via Zoom.

A Book Study of “The Explosive Child” by Dr. Ross Greene

January 9-February 13, 2024 Class meets on Tuesdays from 6:30-8pm (6 weeks)

In his book, “The Explosive Child”, Dr. Ross Greene explains his research-based approach to addressing challenging behaviors, which is grounded in a collaborative and proactive problem-solving framework, giving children a voice and empowering them to be part of the solution rather than merely the recipient of a punishment. Don’t let the title of this book fool you...Dr. Greene’s techniques are effective with all children, whether they handle their frustration “explosively” or not. ***For participants who attend in person, dinner will be served at 6pm.***

Developing Empathy & Self-Awareness: A Nurturing Skills Module

January 11-February 15, 2024 Daytime and Evening Sessions Available!

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

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 6pm.***

Parenting with Resilience

January 18-February 22, 2024. Class meets Thursdays from 6:30-8:00pm (6 weeks)

Learn about Adverse Childhood Experiences (ACE’s) and how trauma can effect children’s development and behavior. Caregivers will learn strategies to build their own ability to persevere through tough times, as well as techniques for encouraging resilience in children. ***For participants who attend in person, dinner will be served at 6pm.***

Nurture Hope

January 24-March 20, 2024. 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. ***For participants who attend in person, dinner will be served at 6pm. *There will be no class on February 28th****

Active Parenting of Teens

February 20-April 2, 2024. Class meets Tuesdays from 6:00-8:00pm (6 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. ***For participants who attend in person, dinner will be served during class at 6pm. *There will be no class on February 27th****

Positive Discipline Practices & Techniques—A Nurturing Skills Module

March 7-April 11, 2024. Daytime and Evening Sessions Available!

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

This Nurturing Skills Module focuses on discipline which is based on respect, empowerment, caring and cooperation. Learn the power of nonviolent discipline practices and techniques including redirection as well as natural & logical consequences. ***For participants who attend in person, dinner will be served at 6pm.***

Cooperative Co-Parenting Through Separation or Divorce

March 7-May 2, 2024. Class meets Thursdays from 6:00-8:00pm (8 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. ***For participants who attend in person, dinner will be served during class at 6pm.***

The Whole Brain Child

April 3-May 15, 2024. Class meets Wednesdays from 6:30-8:00pm (6 weeks)

Based on the New York Times Bestseller by Daniel J. Siegel and Tina Payne Bryson, this class will cover twelve revolutionary strategies to nurture your child’s developing mind. Learn the science of how a child’s brain is wired, how it matures and how you can apply this knowledge to everyday parenting. The Whole Brain Child will teach you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives. ***For participants who attend in person, dinner will be served at 6pm.***

For all classes register at: www.lrcs.org/parentedregistration/

Or email tricia.tousignant@lrcs.org

****On-site childcare may be available if reserved at the time of registration. Space is limited.****

Ongoing Support Groups (Held via Zoom Only):

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 the 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 support groups, register at www.lrcs.org/parentedregistration/
Or email tricia.tousignant@lrcs.org**

Free Weekly Playgroups



**Come Play
with Us!**



Giggles & Grins Playgroup

Tuesdays, Thursdays and Fridays 9:00-11:00am at our Main Office, 719 North Main St. Laconia

A free, inclusive community playgroup that provides children from birth to age 5 with the opportunity to play and develop critical social-emotional skills. Families have the chance to share parenting ideas and concerns, establish friendships, and decrease isolation.

Happy Sounds Music Group

Wednesdays 9:00-9:45am at our Main Office, 719 North Main St. Laconia

A free, weekly class where caregiver and child participate together in movement and rhythm activities set to music. A great opportunity for building social skills while enjoying all of the physical, emotional, & intellectual benefits that interaction with music can bring.

All playgroups are free and drop-in (no pre-registration required).

Playgroups are designed for children ages birth to 5 years old.

Older siblings may be allowed if there is space.

Caregivers must attend groups with their children and supervise them at all times.

For more information, call Trish at (603) 528-0391 or email tricia.tousignant@lrcs.org