



**All spring 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.**

### Parenting Journey in Recovery

**March 27-July 11, 2024. Class meets Wednesdays from 6:00-8:00pm (14 weeks)**

Addiction is complicated and difficult to overcome. Parents and caregivers in recovery face the additional challenge of building strong, positive relationships with their children while maintaining sobriety, which can be both rewarding and daunting. Parenting Journey in Recovery provides a valuable source of fellowship and support and enhances awareness of triggers that may bring about relapse. Personal recovery, accountability, positive actions, and hard work are only some of the topics discussed by group members.

**Participants in this class should have at least 90 days in recovery prior to the start of the class.**

***For participants who attend in person, dinner will be served at 6pm. \*There will be no class on 4/24 or 7/4\****

### 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. \*There will be no class on 4/24\****

### Parenting Journey

**April 9-July 10, 2024. Class meets Tuesdays from 6:00-8:00pm (12 weeks)**

This curriculum is designed for parents who want to learn more about themselves, their relationships, and the resources they need to effectively parent their children. In a warm and nurturing environment, parents are supported and encouraged to care for themselves and each other, while participating in a series of experiential exercises.

***For participants who attend in person, dinner will be served at 6pm. \*There will be no class on 4/23 or 7/3\****

### Developing Personal Power and Keeping Kids Safe—A Nurturing Skills Module

**May 2-June 13, 2024 Daytime and Evening Sessions Available!**

**Thursdays 10:00-11:30am —OR— Thursdays 6:30-8:00pm (7 weeks)**

This Nurturing Skills Module focuses on personal power and making good choices. Attendees will learn positive ways to manage behavior and examine choices that keep all members of the family safe and healthy. Additional topics to be covered will include children’s self-worth and handling power struggles.

***For participants who attend in person, dinner will be served at 6pm.***

### Parenting with Resilience

**May 22-June 26, 2024. Class meets Wednesdays 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.***

**For all classes register at: [www.lrcs.org/parentedregistration/](http://www.lrcs.org/parentedregistration/)**

**Or email [tricia.tousignant@lrcs.org](mailto: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](mailto: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/](http://www.lrcs.org/parentedregistration/)  
Or email [tricia.tousignant@lrcs.org](mailto: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. \*Starting 5/3/24, there will be no Giggles & Grins on Fridays. Instead, we will be holding 'Traveling Playgroup' (see below).

### 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.

### Traveling Playgroup

**Fridays 9:00-10:00am beginning May 3, 2024 at Tardif Park, 51 Crescent St., Laconia (weather permitting)**

Traveling Playgroup is a safe, weekly opportunity for young children & caregivers to socialize and exercise outside with other children & families.

**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](mailto:tricia.tousignant@lrcs.org)**