

**\*HYBRID COURSE\***

Participants can choose to attend in person at our office

719 N. Main St.  
Laconia, NH

OR Virtually  
via Zoom

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

***Nurturing Skills:***

***Developing Empathy  
& Self-Awareness***

**6-week  
series  
beginning  
Nov 7, 2024**

***Daytime & Evening  
Classes Available!***

***Thursdays  
10-11:30am  
OR 6:30-8pm***

Register at  
[www.lrcs.org/parentedregistration](http://www.lrcs.org/parentedregistration)  
or email  
[tricia.tousignant@lrcs.org](mailto:tricia.tousignant@lrcs.org)



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, the brain science behind stress, techniques for expressing anger, and healthy communication.



The Linden  
Foundation