

# 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 N. Main St, Laconia, NH  
OR Virtually via Zoom

To register, go to:

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

**WEDNESDAYS, 6:30-8PM**  
**8-WEEK SERIES BEGINS**  
**OCTOBER 16, 2024**

This program is designed to help families explore their hopes & fears, develop effective parenting skills, enhance communication, develop strategies for facing challenges, and recognize opportunities for celebration.

Topics Covered Will Include:

- Appropriate Parental Expectations
- Empathetic 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 6pm. On-site childcare may be available if reserved at the time of registration, space is limited.



The Linden  
Foundation