

**\*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  
starting:  
May 7, 2026**

**Daytime & Evening  
Classes Available!**

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

Register at

[www.lrcs.org/parentedregistration](http://www.lrcs.org/parentedregistration)

or scan the QR Code:



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.

