



Active Parenting of Teens

January 12-March 30, 2021. Class meets Tuesdays from 6:30-8:00pm (12 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.

Nurturing Skills: Positive Discipline Practices & Techniques

January 14-February 18, 2021. Class meets Thursdays from 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.

Nurture Hope

January 20-March 10, 2021. 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.

Cooperative Parenting & Divorce

January 28-March 18, 2021. Class meets Tuesdays 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.

Your Money, Your Goals

February 3-March 31, 2021. Class meets Wednesdays from 6:00-8:00pm (9 weeks)

This 9-week series will help participants learn strategies to better manage their money, increase financial fitness, and meet personal financial goals. Topics covered include: generating and protecting your income, understanding credit, banking basics, smart borrowing, safe debt management, & understanding taxes.

Nurturing Skills: Developing Personal Power & Keeping Kids Safe

February 25-April 8, 2021. Class meets Thursdays from 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.

Tenant 101

March 2-March 23, 2021. Class meets Tuesdays from 6:00-8:00pm (4 weeks)

Do you have poor or negative landlord references? Do you want to work on changing them? Come learn how to be the best tenant you can be. Topics include what to look for in an apartment, how to complete a rental application, what to expect in an interview, evaluating whether or not an apartment is affordable, landlord/tenant rights, the eviction process, and being a good neighbor.

Parenting the Second Time Around

March 17-May 5, 2021. Class meets Wednesdays from 6:00-8:00pm (8 weeks)

This series is intended to support grandparents and other relatives who are parenting...again! Topics include: child development, discipline & guidance, caring for yourself as a caregiver, rebuilding a family, living with teens, legal issues, and advocacy.

For all classes & support groups

[CLICK HERE TO REGISTER](#)

Or email tricia.tousignant@lrccs.org

Ongoing Support Groups:

Autism Support Group

Meets on the first Monday of each month from 7-8pm and/or on the third Tuesday of each month from 1-2pm.

This is an open monthly peer support group for parents, caregivers and grandparents of children with Autism or children who you suspect may have Autism. These facilitated meetings bring caregivers together to share experience, wisdom and community. Attend sessions during the day, in the evening or both.

Lakes Region Parent & Caregiver Group

Meets on the second Thursday of each month from 10:30-11:30am.

Do you struggle with your child's or teen's behavior? Join this monthly peer support group, facilitated by the Family Resource Center and NAMI NH. Learn and share strategies for dealing with challenging behaviors, find out about resources that are available to help you, and meet other families who understand your situation...you are not alone in this journey.

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.

For all classes & support groups

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