

Parent Education & Support

Winter 2012

December

NEW: Kids Connect : A Group for Children with Autism and their Siblings

Monday and Thursday afternoons from 3:30- 4:30pm, beginning Dec. 5 (8 weeks)

A learning opportunity for children and their families to come together to develop strategies for integrating meaningful activities into their daily routine. Families will be invited to share in activities such as snacks, crafts and movement games with visual supports that will carry over into the home environment. A limit of 8 children. An 8-week commitment is requested. \$10 fee per week. Scholarships available.

January

NEW: Active Parenting of Teens

Monday evenings from 6:00-8:00 pm, beginning January 9 at Laconia Middle School (6 weeks)

Active Parenting of Teens will give Laconia Middle School 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. \$20 materials fee per family. Scholarships available. Deadline to register of December 16.

Understanding Children's Growth and Development—A Nurturing Skills Module*

Tuesday evenings from 5:30-8:00 pm, beginning January 10 (5 Weeks & Orientation)

This Nurturing Skills Module focuses on understanding the stages of growth and development and on establishing nurturing routines. Dinner served from 5:30-6:00.

NEW: READY! for Kindergarten*

Thursday evening from 5:30-7:30 pm, January 19 at Pleasant Street School

READY! is a free program for parents of children ages birth to five, available three times a year to Laconia families. Get new information about how children learn and grow, plus easy learning activities that are fun to do at home. Call now to register. *There is a waitlist, but space is still available for parents of children entering kindergarten in 2014 (currently 2-3 years of age).* Save the date: Spring class will be held on May 3, 2012.

February

Cooperative Co-Parenting*

Thursday evenings from 6:00-8:00 pm, beginning Feb 2 (3 Weeks)

This series is for divorced and/or separated parents and other caregivers who are raising children. Topics Include: Coping through separation and transition, skills for dealing with stress and anger, positive communication, how to reduce conflict, negotiating agreements, mediation and guardianship.

Developing Empathy and Self Awareness—A Nurturing Skills Module*

Tuesday evenings from 5:30-8:00 pm, beginning February 21 (5 Weeks & Orientation)

This Nurturing Skills Module focuses on the importance of empathy in parents and children and on techniques for managing feelings, anger, and stress. *Dinner served from 5:30-6:00.*

****LIMITED ON-SITE CHILDCARE AVAILABLE FOR THESE PROGRAMS. PLEASE RESERVE A SPACE FOR YOUR CHILD WHEN YOU CALL TO REGISTER.***

Interested in facilitating a group or offering a workshop at the Family Resource Center?

We are always looking for qualified individuals to help with existing groups or to start something of their own. Please contact Shannon at Shannonr@lrsc.org or 524-1741 x 15 to discuss the possibilities.

**THE FAMILY RESOURCE CENTER OF CENTRAL NEW HAMPSHIRE
635 MAIN STREET LACONIA, NH 524-1741 FRC@LRCS.ORG**

On-Going Programs & Support

Autism Center

Class times vary. Call for current schedule.

For families with children ages birth to five on the Autism Spectrum. The Autism Center aims to create a learning environment that teaches parents to encourage, educate, support, and advocate for their child with ASD. Parents spend three days per week in the center working directly with their children, overseen by educators and therapists. In addition, families receive one home visit per week to ensure that strategies can be implemented in a variety of settings.

Better Together

Fourth Thursday of the month (except for Nov/Dec) from 4:00-6:00 pm at Laconia Middle School

Better Together is a grassroots effort to rekindle our spirit of neighborhood and community in the Lakes Region. Join us at the Laconia Middle School to share your vision for our community and lend your energy and enthusiasm to various teams and projects working to make the Lakes Region the best place for children and families. Volunteer opportunities available. For more information visit www.bettertogetherlakesregion.org.

Giggles and Grins Playgroup

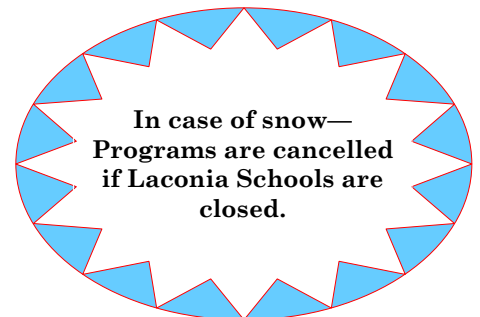
Tuesday, Thursday, and Friday mornings from 9:00-11:00 am

A free, inclusive community playgroup that provides young children 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.

Music with Mar

Most Monday mornings from 10:00-10:45 am

A weekly class where caregiver and child participate together in musical activities which enhance the four main areas of development—cognitive, social, motor and language. A good music foundation, as well as an all-around good academic foundation, is laid through the use of well-thought-out lyrics and movements. *Only offered to past/present Family Resource Center families.*



Nurturing Skills for Families™*

Tuesdays evenings from 5:30-8:00 pm. See schedule for current modules.

In this evidence-based program parents will learn new beliefs, knowledge, and skills that improve their family's overall level of functioning. The course is made up of four modules—Developing Empathy and Self-Awareness; Positive Discipline Practices and Techniques; Developing Personal Power and Keeping Kids Safe; and Understanding Children's Growth and Development. Each module is made up of five classes, and incoming parents will be asked to participate in an orientation offered at the start of each module. Once orientation is complete, parents and other caregivers can choose to join us for one module or for the entire series.

NEW: Young Parents Program

First Tuesday of the month from 3:00-4:30 pm.

A free group for parents under 21 and their children; prenatal families welcome too. For more information, please contact Lia Moran at 528-5334 x 145. Sponsored by Community Action Program Belknap-Merrimack Counties, Inc. & The Family Resource Center of Central New Hampshire.

***Limited On-site childcare available for these programs. Please reserve a space for your child when you call to register.**

To register call 524-1741 or e-mail frc@lrcs.org