

# Nurturing Skills for Families

**THURSDAY MORNINGS – 11:00AM TO 1:00PM OR THURSDAY EVENINGS – 6:00 TO 8:00 PM**

**Four 5-6 week modules, plus a one-time orientation**



<b>Module dates:</b>	<b>Module Focus</b>
Jan 5, 2017 (Orientation) Jan 12 Jan 19 Jan 26 Feb 2 Feb 9 Feb 16	<p style="text-align: center;"><b>Developing Personal Power &amp; Keeping Kids Safe</b></p> Learn positive ways to manage behavior and examine choices that keep all members of the family safe and healthy. <b>(6 week module)</b>
March 9, 2017 (Orientation) March 16 March 23 March 30 April 6 April 13	<p style="text-align: center;"><b>Understanding Children’s Growth &amp; Development</b></p> Overview of children’s growth and development; understanding the importance of nurturing, predictable family routines. <b>(5 week module)</b>
May 4, 2017 (Orientation) May 11 May 18 May 25 June 1 June 8	<p style="text-align: center;"><b>Developing Empathy &amp; Self-Awareness</b></p> The importance of empathy and techniques for managing feelings anger and stress. <b>(5 week module)</b>
Fall 2017	<p style="text-align: center;"><b>Positive Discipline Practices &amp; Techniques</b></p> Discipline is based on respect, empowerment, caring and cooperation. Learn the power of nonviolent discipline practices and techniques. <b>(5 week module)</b>



Attend one module or all 4! You can start with any module and still complete the series.

**Choose day or evening classes!**

Thursdays 11:00am-1:00pm, lunch included OR Thursdays 6:00-8:00pm, dinner served at 5:30.

Participation is free. Satisfies court-mandated parenting class requirements.

Limited on-site childcare and assistance with transportation available upon request.

Orientation, pre-assessment & post-assessment surveys are part of the series.

**To register: Contact Tricia T. at 528-0391 or email [tricia.tousignant@lrccs.org](mailto:tricia.tousignant@lrccs.org)**



The Linden Foundation

The Samuel P. Pardoe Foundation