

Nurturing Parenting



For parents and caregivers of children under age five

Join other parents for this eight-week group to discuss the joys and challenges of parenting young children. Nurturing is important for yourself and your children. Participants will receive a Certificate of Completion.

Weekly topics include:

- *Nurturing behaviors including infant massage and how it impacts healthy physical, social, emotional and brain development*
- *Ages and stages of development of young children*
- *The importance of establishing routines for young children*
- *Managing stress and disciplining young children*
- *Supporting positive development of children's self worth*
- *Developing personal power for children and adults*

**Now Accepting Registrations
for our Winter Session,
which will take place on
Thursdays from 12:30-2:30pm**

**Program requires 10 parents to be
enrolled to start the group**

Please call for an intake appointment.

The following insurances are accepted:

NH Medicaid

Anthem

Cigna

Teamsters

or call to set a fee

Call Lori Fowler at

(603) 883-0523, x 215 for information or email:
FRCNashuaPrograms@gmail.com

Please note that childcare is not available for this program

Call today for more information!

**Thursdays:
12:30pm - 2:30pm**

Facilitated by:

Annette Wright, LICSW

Maura McGowan, Certified Facilitator

Prevention Makes Cents

**Looking for more information about the
Family Resource Center of Greater Nashua?**

Email familyresourcectr.nashua@gmail.com to receive notices when new Family Resource Center programs are offered...or check our website at <https://sites.google.com/site/familyresourcectrnashua>



The Family Resource Center of Greater Nashua is a collaborative effort of a group of Nashua family-serving organizations led by the Adult Learning Center, Boys & Girls Club of Greater Nashua, Child and Family Services, Greater Nashua Healthy Community Collaborative, Prevention Makes Cents, Southern New Hampshire Services, and the UNH Cooperative Extension-Hillsborough County.