

PARENTING

During Difficult Circumstances

A free seven week series for parents going through tough times such as custody issues, divorce, illness and other family circumstances.

Topics Include:

- *Finding a parenting style that fits with your values*
- *Balancing limits and nurturing*
- *Understanding children's growth and development and age appropriate expectations*
- *Communicating with children and other adults*
- *Dealing with stress, anger and conflict*
- *Discipline strategies that teach*
- *Dealing with misbehavior*



When: Monday evenings:
October 5, 12, 19, 26, November 2, 9, 16

Time: 6:00 - 7:30 PM

Cost: Free - Registration is required

Where: Family Resource Center of Central New Hampshire
635 Main Street, Laconia



Presenters: **Sue Cagle**, Extension Educator, Family and Consumer Resources, UNH Cooperative Extension, Belknap County and **Shannon Robinson-Beland**, Community Support Specialist, Family Resource Center of Central NH

Attendance certificates and light refreshments are included in this series.

Co-sponsored by



Lakes Region United Way



UpStream supports the mission of Lakes Region United Way by working to promote family stabilization, successful children and community engagement.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and NH counties cooperating.

For more parenting information, visit www.extension.unh.edu and www.upstream.org

**To Register: Contact Sue Cagle UNH Cooperative Extension Belknap County Office
Phone: 603/527-5475 or Email: sue.cagle@unh.edu**