



Family Education Collaborative



FEC Classes

Parenting Teens:

Wednesdays from 6PM—7:30 PM

October 12, 19, 26, November 2

Discuss strategies for parenting your children during the more 'difficult' years. Light refreshments will be served. Please call if you need child care. 4 week program.

Monica Zulauf, YWCA

Circle of Parents and Playgroup:

Wednesdays 10AM-11:15AM

Wednesdays 11:15AM-12:15PM

Safe place to discuss parental concerns and connect with other parents for support. Share information and experiences and learn about resources. Childcare and refreshments are provided.

Sue Morse, Child and Family Services

Parenting Under Difficult Circumstances:

Mondays 6PM—7:30PM, November 14, 21, 28, December 5, 12, 19. 6 week program. Discover your parenting style, learn discipline strategies and limit setting, discover and nurture family strengths.

Sharon Cowen, M.S., UNH Cooperative Extension

Sexual Violence Support Group for Women:

Mondays from 6:00PM—7:30 PM

This is a closed support group. Please call 625-5785 for more information. Childcare is provided.

Sexual Violence Support Group for Men:

Tuesdays from 4:00PM-5:00PM,

This is a closed support group. Please call Steve Durost at 625-0010 for more information. This group is held at the CREATE! Center for Expressive Arts.

Domestic Violence Support Group:

Mondays from 6:00PM—7:30PM

For women. This is an open, peer to peer support group. Child care is provided

Grupo de Apoyo:

Martes de 10:00am-12:00pm

Septiembre 20, 27, Octubre 4, 11, 18, 25, Noviembre 8, 15

La violencia domestica no solo tiene que ser física. Hay personas que son victimas de abuso emocional, verbal o abuso sexual, estos también son bienvenidos. Las victimas encuentran fuerza y valor al encontrarse con otras personas que han pasado por la experiencia de violencia domestica. Nuestro grupo les ayuda a romper ese aislamiento y les ofrece apoyo y las destrezas necesarias para así moverse más allá de la victimización. Ofrecemos servicios de niñera.

Brown Bag Lunch Series

October 13th—12:00-1:00

Balancing Work & Family

Do you feel like you're having to choose between your career and loved ones? Come meet with other parents to discuss strategies for maintaining a healthy balance between the two.

Sharon Cowen, M.S., UNH Cooperative Extension

October 27th—12:00-1:00

Working Through Homework

Does your child sit at the table for hours and refuse to do their homework? Do you feel lost as to how to encourage them to complete it? Come meet with other parents to strategize how to make homework a quicker and easier process.

Thom Linehan, MEd, MS, UNH Cooperative Extension

November 10th—12:00-1:00

Sleeping Children

Is your child having trouble sleeping? Come meet with other parents to discuss strategies for encouraging your child to snooze easily!

JoAnn Cobb, LICSW, Child and Family Services

December 8th—12:00-1:00

Parenting Your Adult Child

Do you have a child between 18 and 25? Do you frequently fight about issues such as independence? Discuss how to parent an adult child with alternative communication styles, and help make you feel involved while making them feel respected.

Thom Linehan, MEd, MS, UNH Cooperative Extension

☺ **All groups are FREE**

☺ **All classes are held at the YWCA unless otherwise noted**

☺ **72 Concord Street in Manchester**

☺ **603-625-5785**

☺ **www.ywcanh.org**



October 2011

Please be on the look out for our monthly newsletter, which will include details about upcoming programming for January!!

SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4	5	6	7	8
	Domestic Violence Support Group 6PM-7:30PM Sexual Violence Support Group for Women 6PM-7:30PM	Sexual Violence Support Group for Men 7PM-8PM Grupo de Apoyo 10AM-12PM	Circle of Parents/Playgroup 10AM-11:15AM, 11:15AM-12:15PM			
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30	31					
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