

Programs of the Family Resource Center of Greater Nashua

All programs are at the Boys & Girls Club of Nashua. Programs are free and open to the public, but pre-registration is necessary. Please pre-register by calling the Boys & Girls Club at 883-0523.

Sometimes the People You Love Are the Hardest to Get Along With

Location: Boys and Girls Club of Nashua, 47 Grand Avenue, Nashua

A program of the Family Resource Center of Greater Nashua

Date: September 16, 2009

Time: 12 pm -1 pm

Presenter: Sandy Mulcahy, City of Nashua, Mediation Program

An interactive workshop describing the services of the Mediation Program; a discussion about what conflict is and how people deal with it in different ways; tips for improving conflict resolution within families. **Please pre-register for this event by calling the Boys and Girls Club of Nashua at 603-883-0523.**

Parenting Education and Support Group

Location: Boys and Girls Club of Nashua, 47 Grand Avenue, Nashua

A program of the Family Resource Center of Greater Nashua

Date: September 22, 2009 (meets every other week)

Time: 6:30 pm - 8 pm

Presenter: Dorothy Whittaker, Child and Family Services

A group discussion to offer support and educational resources for parents having children of any age. Guest speakers on various parenting and family topics will provide programs, and parents will be invited to discuss specific parenting issues that they are dealing with at home. Meets Tuesday nights, 9/22, 10/6, 10/20, 11/3, 11/17, 12/1, 12/15. Participants can come to one or all meetings.

Please pre-register for this event by calling the Boys and Girls Club of Nashua at 603-883-0523. Child Care may be available but pre-registration with names and ages of children needing care is necessary.

Family Stress and the Tough Economy

Location: Boys and Girls Club of Nashua, 47 Grand Avenue, Nashua

A program of the Family Resource Center of Greater Nashua

Date: September 16, 2009

Time: 6:30 pm - 8 pm

Presenter: Benjamin D. Garber, Ph.D.

Stress trickles down. When money is tight, jobs are scarce and the future is uncertain, our experience of stress skyrockets. Blood pressure goes up, ulcers emerge, tempers flare, patience evaporates. This informal discussion will help participants better understand how they experience the natural stresses associated with the contemporary economy, how to better manage that stress for themselves and -most critically- how to minimize the trickle down that can undermine our children's security and happiness.

Caregivers from every circumstance are invited no matter whether you've lost a job, simply cut back on spending or are independently wealthy; no matter whether your children are infants or adults. Please join us to learn more about stress management in the economic environment we all share.

Dr. Ben Garber is a state licensed psychologist, certified Guardian ad litem, parenting coordinator and the author of scores of articles that have appeared both in the popular press and professional publications. Dr. Garber will have his 2009 book, "Keeping Kids Out Of The Middle" (HCI; \$14.95) available for sale. His new book, "Developmental Psychology For Family Law Professionals (Springer) will be in bookstores later this fall. Learn more at www.healthyparent.com.

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