

# Active Parenting of Teens



Join other parents of teens and “tweens” for a six-week program that covers the following topics:

- Building open communication with your teen
- Understanding teen behavior and ways to avoid power struggles
- Discipline techniques that encourage responsibility
- Building positive self-esteem and character
- Holding Family Meetings to plan, prevent and problem solve

*Teens, like most people, want to be understood. This program will give parents guidelines that will build a cooperative relationship during difficult times when teens are faced with peer pressure including: alcohol and drug use, fitting in and issues related to social media. Although, teens seem to want to push us away, this is a time when they really need support from parents.*

**Date:** Tuesday, January 24 & 31, February 7, 14, 21 & 28 and/or March 6, 2012\*

**Time:** 6:00-8:00pm

**Location:** Boys & Girls Club of Greater Nashua  
47 Grand Avenue, Nashua

**Presented by:** Maura McGowan,  
Prevention Makes Cents

The program is FREE; a parenting guide is available for purchase for \$15 per book. A certificate of completion will be awarded to all parents that attend all six sessions.

Active Parenting is presented by Prevention Makes Cents and funded by a generous grant from the Ella Anderson Trust.

\* Dates subject to change due to weather and vacation week. Program is closed after second session.

*This series is offered*  
**FREE OF CHARGE**  
*at the Boys & Girls Club  
of Greater Nashua*

**47 Grand Avenue, Nashua**

Complimentary child care is available. Children age 8 and over are invited to participate in Boys & Girls Club of Greater Nashua programs when parents participate in Family Resource Center of Greater Nashua programs.

**PRE-REGISTRATION BY  
MONDAY, JANUARY 17, 2012  
IS STRONGLY SUGGESTED**

Register by call Lori Fowler at  
(603) 883-0523, x 215 to register.

**Child Care Pre-Registration is Required.**

Call Lori at (603) 883-0523, ext 215 to make arrangements for child care or club usage.

**Register on-line at:**  
[FRCNashuaPrograms@gmail.com](mailto:FRCNashuaPrograms@gmail.com)



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.

# Ultimate FREE Play Date



*Get out of the house and connect with other parents while your child makes friends, learns socialization skills, has fun and bonds with you!*

**A great way to reduce stress and develop resources**

**Date:** Tuesdays: January 3, 10, 17, 24 & 31  
**Time:** 10:00-11:30am  
**Location:** Boys & Girls Club of Greater Nashua  
47 Grand Avenue, Nashua  
**Facilitator:** Child and Family Services staff

*Pre-registration for this FREE program by the Monday prior to each week's program is suggested.*

*Call Lori Fowler at (603) 883-0523, ext. 215 or register by email at [FRCNashuaPrograms@gmail.com](mailto:FRCNashuaPrograms@gmail.com)*

Limited transportation can be available but must be requested in advance

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

Email [familyresourcectr.nashua@gmail.com](mailto: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>



# Time for Toddlers



Parenting a toddler can be a fun, exciting time for both you and your child as you each learn new things and grow together as a family. This month-long series of workshops will help you learn the skills you'll need as you face the challenges of raising your toddler.

**Weekly topics include:**

- **January 10: Positive Discipline Strategies: How to handle tantrums, biting, hitting and other toddler behaviors**
- **January 17: Fostering Curiosity: Games and activities for toddlers**
- **January 24: Go to Sleep! Sleep issues for toddlers and how to manage them**
- **January 31: Topic to be determined**

**Tuesday Nights:**  
**Beginning January 10, 2012**  
**All sessions run from 6:00pm-7:30pm**

**Facilitated by: Stacey Beeley, LSW**  
**Child and Family Services**

This special "Time for Toddlers" series is part of the Circle of Parents® program which teaches parents skills and the opportunity to learn from each other through shared discussion on issues they are facing at home.

Attend any or all sessions.

**You receive one chance in a drawing to receive a \$25 Walmart gift card for each session you attend during the month of January.**

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

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*This series is offered*

**FREE OF CHARGE**

**at the Boys & Girls Club  
of Greater Nashua  
47 Grand Avenue, Nashua**

Complimentary child care for all ages is available. Children age 8 and over are invited to participate in Boys & Girls Club of Greater Nashua programs when parents participate in Family Resource Center of Greater Nashua programs.

**PRE-REGISTRATION  
IS STRONGLY SUGGESTED**

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# 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**

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