

Do you want to build a closer relationship with your child (of any age)?

Do you want to learn skills to help you feel more in control as a parent?

Do you want to get to know other parents who will understand where you've been and what you are going through?

The Family Nurturing Parenting Program is for YOU!

Next Group:

Thursdays 5:30pm-7:00pm

January 9, 16, 23, 30, and
February 6, and 13, 2020

\$150.00* for 6 sessions

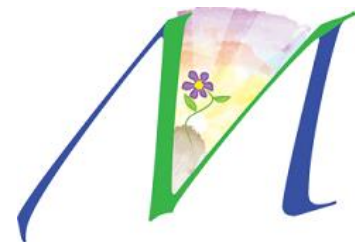
*Parent group registration must be paid at least one week in advance of the first session.



Topics will be based on participants needs and may include:

Hope ✪ Building trust within your family ✪ Building children's self-esteem ✪
Setting boundaries ✪ Improving family communication ✪ Ways to manage and
cope with your own feelings ✪ Understanding your child's feelings ✪ Managing
stress (your own and your child's) ✪ Guiding your children's behavior effectively
✪ Creating and managing schedules and routines ✪ Safety and protecting
children ✪ The impact of trauma on children and helping families grieve ✪
Having fun as a family

For more information or to register for this program, please contact Dianne Corbin, group facilitator, at 843-400-3040.



Merrimack Valley Trauma Services

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