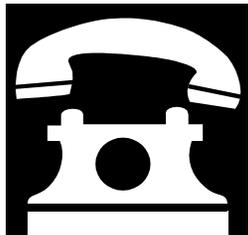


Classes are subject to change

Listed here is what we will hopefully be offering this fall. We do need at least 10 people register for the class for it to run. The times and dates may change based on families and center needs.

Please call to register for classes ahead of time and to schedule an intake time with one of our staff.



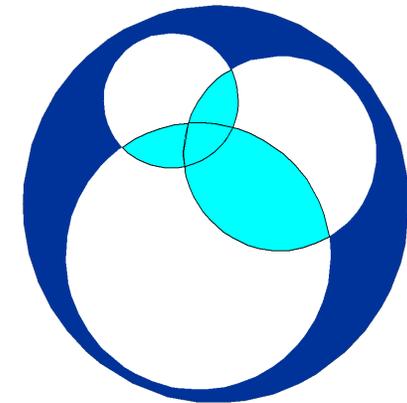
(978) 455-0701



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NFI FAMILY RESOURCE CENTER

Parenting Education Classes for Winter / Spring of 2017



Tel: (978)
455 - 0701

Schedule for Parenting Classes Winter /Spring 2017

Guiding Good Choices

Open to caregivers of pre-teen/teens 11-17

A 15 week program running from

April 5th—June 21st.

Wednesday nights from 4:00pm—6:00pm

This class will be held at the NFI Family Resource Center. Dinner provided. No childcare offered.

A multimedia family program designed to strengthen parents' family management skills, parent-child bonding, and children's peer-resistance skills.

Children are required to attend one session; this session will concentrate on peer pressure.



Active Parenting 1-4 Year Olds

Open to caregivers with children ages 0-4.

This curriculum is 3 sessions, running every other week starting February 10th.

Classes will be Friday's 2/10, 2/24 and 3/10 from 11 AM- 12:30 PM

This class helps parents to understand their children developmentally and gives skills for dealing with these important early years.

Parenting Journey II

Caregivers who have **completed Parenting Journey 1** and are caring for children under 18 are encouraged to join.

Class runs from April 6th—June 22nd.

Thursdays 12-2. Lunch will be served. There is a total of 12 sessions. This class will be held at the NFI Family Resource Center. No childcare offered.

"Parenting Journey II offers parents an opportunity to utilize the skills and new insights they gained in Parenting Journey I. As the journey continues, parents re-direct their focus away from their past experiences of being parented and begin to examine their lives in the "here and now". Taken from parenting Journey II facilitators guide.

Nurturing Father's Programs

Open to male caregivers of children of all ages.

A 13 week program running Tuesday evenings, from January 10th—April 4th from 5:00—7:00 PM.

This class will be held at the NFI Family Resource Center. Dinner provided. No childcare offered.

"The Nurturing Father's Program was created to cultivate and support the attitudes and skills for male nurturance, hoping to benefit men, women and children." -taken from the Nurturing Fathers Leader's Guide.



Workshops

The NFI Family Resource Center is offering the following one time workshops to assist parents with enhancing their parenting skills.

"Moving Away from Spanking, What Else Can I Do"?

Friday 2/17/17 10:00 AM—12:00 PM

Many parents have expressed that they were spanked as a child or that their parents used other forms of corporal punishment. We have heard from many caregivers that they have decided themselves not to use those methods but get frustrated or stuck because they don't know what other tools to utilize. This workshop is designed to give parents other forms of behavior management.

"Parenting for your Child's Personality"

Wednesday 3/22/17 5:00—7:00 PM, childcare and dinner provided.

Children react differently to caregivers depending on their personality. Is your child shy? Or demanding? Or sensitive? Come and explore what type of personality your child has and what strategies they will respond to best.

Please register by calling the FRC for these workshops and classes.

N F I F A M I L Y
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