



PARENTING

SUPPORT ● EMPOWER ● CONNECT

JULY, AUGUST & SEPTEMBER 2020

Nurturing Skills

Nurturing Skills is a 16 week program for all parents that covers topics such as making good choices, nurturing parenting, growth & development of children, developing empathy, managing anger and stress, understanding discipline, alternatives to spanking, establishing routines, and more.

Offered every
Thursday from 5-6:30p
and Friday from 10-11:30a

Register for this class [here](#)

Nurturing Parents & their Infants, Toddlers & Preschoolers

Nurturing Parents & their Infants, Toddlers & Preschoolers is a 16 week program for parents of children 0-5 that covers child development, empathy and attachment, age appropriate expectations, improving self-worth, understanding discipline, recognizing and handling feelings, managing anger, families and substance use, and more.

Offered every
Monday from 4-5:30p
and Thursday from 11a-12:30p

Register for this class [here](#)

Community Based Nurturing

Community Based Nurturing is a 10 session parenting class for all parents that covers topics such as child development, alternatives to spanking, managing stress, and self-worth.

Offered every
Monday from 9-11a
and Tuesdays from 11a-1p

Register for this class [here](#)

Co Parenting

Family relationships do not disappear when a relationship ends. Parents continue to communicate regarding their children and the ability of parents to interact greatly impacts the child's adjustment.

Fridays
July 10th - July 31st
1 - 2p

Register for this class [here](#)

Fridays
August 7th - September 4th
1 - 2p

Register for this class [here](#)

Active Parenting 4th Edition

This six session interactive series is designed to teach parents with children 5-12 effective ways to use discipline, open lines of communication and prevent problems.

Offered every
Monday from 2-4p

Register for the class [here](#)

Active Parenting First Five Years

This four session interactive series for parents of children 0-5 is designed to support the growth and development of young children.

Offered every
Wednesday from 9-11a

Register for the class [here](#)



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Safe Babies

Join us while we discuss topics such as Car Seat Safety, Safe Sleep, Introducing baby to pets, Period of Purple Crying, Milestones, Self care, and more.

Wednesday
July 8th
6-8p

Register for the class [here](#)

Wednesday
July 22nd
3-5p

Register for the class [here](#)

Boot Camp for New Dads

New babies don't come with owners manuals. But don't worry! Join a veteran dad (and his baby) to hear how he made it through the first months of parenthood and became a confident, on-the-job father.

In this men-only environment, no question is stupid and no topic off limits.

Wednesday
July 15th
5-8p

Reigster for the class [here](#)

Circle of Parents for Parents of Children with Special Needs

Join Heidi & Jessica for this parent led support group to discuss the challenges and successes of raising children with special needs. You will find support, resources, and connections to know you are not alone.

1st & 3rd
Tuesday of the Month
5-6:30p

Join us on [Zoom](#)
Password: 024009

For more information and to register, contact the Penquis Prevention Council

Christine McMillen - 735-6413 - cmcmillen@penquis.org

Jessica Lanphere - jlanphere@penquis.org

Maureen Cipullo - mcipullo@penquis.org

Registration forms for all Prevention Council classes and workshops can be found [here](#)