**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’re going through?**



**The Family Nurturing Parenting Series is for YOU!**

**Date/Time:** 12-week parenting series, Thursdays from 6:30pm-7:30pm, beginning 9/10/15

**Place:** Greater Lowell Pediatrics, campus of Saints Medical Center, Leahy Medical Building, 3rd Floor

**Fees:** Registration fee: $15.00; Each session costs $15.00 per parent or $20.00 per couple.

**Facilitated by Miriam Barrett, LICSW**

**Merrimack Valley Trauma Services**

Group sessions consist of art activities, information sharing, and group discussion. Connect with other parents, share your expertise, and enjoy “adult time” with other parents. Please note that we ask parents to make a commitment to attend all 12 sessions, as the topics build on one another. The schedule of dates and session topics are listed below:

|  |  |
| --- | --- |
| **Date** | **Topic** |
| **9/10/15** | Hope |
| **9/17/15** | Building trust within your family |
| **9/24/15** | Building children’s self-esteem |
| **10/1/15** | Setting boundaries |
| **10/8/15** | Family communication |
| **10/15/15** | Ways to manage and cope with your own feelings and understand your child’s feelings |
| **10/22/15** | Managing stress (your own and your child’s) |
| **10/29/15** | Guiding your children’s behavior effectively |
| **11/5/15** | Creating and managing schedules and routines |
| **11/12/15** | Safety and protecting children |
| **11/19/15** | The impact of trauma on children and families |
| **12/3/15** | Having fun as a family |

If you are interested in participating, complete the Family Nurturing Program referral form and send it to

**Merrimack Valley Trauma Services, 267 Boston Road, Suite 26, North Billerica, MA 01862**

**Fax: 978-362-1719 or complete the online referral: \_\_\_\_\_\_\_\_\_\_\_\_\_**

Once we receive your referral information, the facilitator will be in touch to answer your questions and provide registration information.If you have any questions, please contact the group facilitator, Miriam Barrett, at

978-362-1695, ext. 4.

***We hope to see you there!***