

Family Matters

*Strengthening families...
...Building Community*

A newsletter from The Family Center ... A Partner at The River Center: community resources and connections



Home Visiting Program

Early Home Support and Community Connections

This is a home visiting program for pregnant and parenting young women and their families. Includes access to a dedicated home visitor, nurse, and a social worker.

Parenting Programs / Workshops

The Happiness Trap

With Bonnie Harris

**Saturday, April 18
9:00 a.m. - 12:00 noon**

Do you have a hard time saying "no" to your children? Do you feel taken advantage of, dismissed or disrespected? Perhaps you have fallen into the Happiness Trap.

Feeling responsible for our child's

SPRING 2009 PROGRAMS

- Call 924-6306 to register -

happiness is exhausting. Our children's reactions often intimidate us into giving in just so we can have a moment of peace. This workshop will fortify you with the confidence to balance your own agenda with your child's and to stand up for what feels right. We will talk about the importance of delayed gratification and disappointment for character building; the strong boundary needed so you each know what is your responsibility and what is not; and the courage to say "no" while allowing arguing and negotiating.

"You just don't get it, do you?!" - Part I

Strategies for Helping You and Your Child Feel Heard

With Bonnie Harris and Wendy Hill

**Thursdays, 9:30 - 11:00 a.m.
April 30, May 7 and 14**

If we want our children to listen to us, they are more likely to when we are fair, logical, and respectful. When they feel attacked, bossed, or accused, they resist us and shut us out to protect themselves from blame and criticism. At times, we need to just listen. Parents will learn the most important parenting skill - Connective Communication - to build a relationship that will last.

"You just don't get it, do you?!" - Part II

Putting Theory Into Practice

With Wendy Hill and Bonnie Harris

**Thursdays, 9:30 - 11:00 a.m.
May 21, 28, and June 4**

Come with your own examples for discussion and support for day-to-day living with children of any age. Through practical application we can learn to look even difficult situations straight on, remain calm and clear, and speak firmly as well as compassionately with our children.

Hard Times, Smart Choices

With Peterborough Clinical Associates

**Saturday, May 9
8:45 - 11:00 a.m.**

In these difficult economic times, individuals and families are experiencing tremendous stress. Job loss, economic insecurity, and high debt make this a uniquely difficult time in the lives of families. This workshop will be an opportunity to learn ways to effectively cope and respond to today's challenges. Areas to be addressed:

- Key steps couples can do to keep the relationship strong and support each other
- Ways children exhibit stress and strategies for adults to help their children feel secure
- Approaches to reduce the "worry cycle" and restore sleep
- Four ways to stay hopeful during times of uncertainty
- Common pressure points in families during difficult times and ways to maintain a strong family unit

APRIL VACATION OPPORTUNITIES!

Vacation Camp for 6 to 10 year olds

With Family Center staff
9:00 a.m. - 3:00 p.m.

Designed for working parents with school-age children looking for various activities during vacation week.

Cost: \$25 per day (before- and after-care available for \$4 per hour)

Interested in a similar opportunity on April 10, a ConVal no-school day? Call us!

SafeSitter® Babysitting Course

With Liz Broderick, Kelli Tourgee, and Lara Scheinblum, M.D

**Wednesday, April 22,
9:00 a.m. - 4:00 p.m.**

FULL - Call to reserve a spot for summer course!

Family Support Programs

Ongoing weekly parent and family support programs. Participants may join at any time, provided there is space.

NEW!! Bridging the Teenage Gap: A support network for parents of teenagers

With Liz Broderick

Wednesdays, 7:00 - 8:30 p.m.

Discussion topics, largely guided by group participants, will explore issues such as communication, family life with teens, drugs and alcohol, sexual activity, age-appropriate limits, driving, and more. Guest presenters will augment the experience of participating parents.

Parent-Child Connections Program

For parents of 1-5 year olds (includes children's enrichment program) and 6-12 year olds

Discussion topics include setting limits, communication, and much more.

9:30 - 11:00 a.m.

Mondays - Carol Lunan

Tuesdays - Bonnie Harris for parents of 6-12 year olds (no children's program)

Wednesday - Wendy Hill

Off-Site Programs

With Kelli Tourgee and Erika Alusic-Bingham in partnership with Southern N.H. Services

Tuesdays - Prescott Hill Apartments

Thursdays - Riverview Apartments

Attention Deficit Support Group

With Kelli Tourgee

Mondays, 7:00 - 8:30 p.m.

Discussion and support for those with a child with ADD or ADHD.

For Single Parents

With Carol Lunan

Thursdays, 5:30 - 7:00 p.m.

Join other parents for information and an opportunity to talk to adults having similar experiences.

For Parents and Their Little Ones (or those expecting babies)

With Wendy Hill

Wednesdays, 2:30 - 4:00 p.m.

For parents and babies together.

Parent-Child Playtime

At Peterborough Unitarian Universalist Church

Wednesdays, 6:00 - 7:00 p.m.

Playtime after the Community Supper.

Stepfamily Support Group

With thanks to Maureen O'Brien of Peterborough Clinical Associates

1st Thursday of the month

7:00 - 8:30 p.m.

Would you like to receive this newsletter via email?



Send us an email: info@thefamilycenter.us

and we'll add you to the list.

Call The Family Center at 924-6306 to register for any of our programs

UNLESS OTHERWISE NOTED...

- All programs are free or offered on a sliding-fee scale, ranging from \$1 to \$20 per week.
- Children's program available for weekly morning programs.
- All programs are held at The Family Center.



- 46 Concord Street
- Peterborough, NH 03458
- 603.924.6306
- www.thefamilycenter.us

To request a topic
If you have a group interested in a one-night parenting lecture or series, call us to request a topic and we'll provide a facilitator.