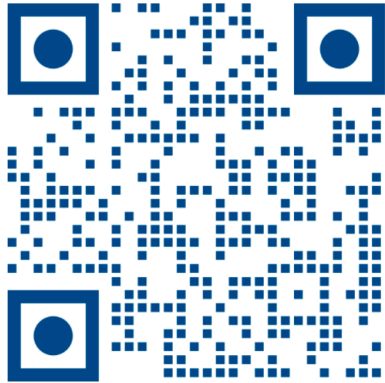


Registration

To register, contact site coordinator at preferred location or register online by scanning QR code below and selecting site.



For additional information
contact Amy Tichy,
Program Administrator
701-845-8528
or 1-855-NURT1ND

(1-855-687- 8163) amy.j.tichy@ndsu.edu

www.ndnurturing.org



Funded by the ND Dept. of Human Services -
Children & Family Services Division
in partnership with NDSU Extension.

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Fall 2023 Schedule



**Nurturing Families
Program**



What is the Nurturing Parenting Program?

This 16-week course is designed to increase parenting skills and promote healthy family life.

Classes provide information and practical experience on a number of important topics, including: communication, establishing routines, positive discipline and self-nurturing.

The program helps parents:

- Communicate needs
- Be empathetic
- Use effective discipline techniques
- Take charge of one's own behavior
- Handle stress and anger
- Establish nurturing routines for daily activities
- Have warm interactions and family fun



Program Length: 16 weeks
(Fathers Program is 12 weeks)

Cost: FREE to all participants

Program Features: (In-person class)

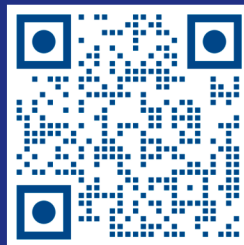
- Free on-site childcare
- Light evening meal and snack
- Transportation assistance
(subject to prior approval)
- Separate parent & child sessions
- Family activity time
- Children's programming



Program Locations

- Belcourt
 - Bismarck/Mandan
 - Fargo
 - Harvey
 - Jamestown
 - Minot
 - New Town*
 - Online
 - Fathers Online
- *Beginning Jan. '24

Register by contacting site coordinator
or online by scanning QR code:



Contact Information

Belcourt

Mon., Aug. 7 - Nov. 20, 5:30 - 8:00 pm
Jan Birkland - 701-477-5688
janb@tmcwfs.net

Bismarck

Tues, Sept. 5 - Dec. 19, 5:30 - 8:00 pm
Julie Zent - 701-426-9911
Zentjulie45@gmail.com

Fargo

Thurs., Aug. 31-Dec. 21, 5:30 - 8:00 pm
Dede Wienckowski - 701-630-8873
dwienckowski@nd.gov

Harvey

Tues., Jan 3 - April 18, 5:30 - 8:00 pm
Lori Keller - 701-341-1617
horse3@gondtc.com

Jamestown

Tues., Sept. 5- Dec. 19, 5:30 - 8:00 pm
Melanie Nelson - 859-630-4918
nurturingjamestown@gmail.com

Minot

Tues, Sept. 5 - Dec. 19, 5:30 - 8:00 pm
Holly Arnold - 701-857-6450
holly.arnold@ndsu.edu

New Town

TBD

Amy Tichy - 701-845-8528
Amy.j.tichy@ndsu.edu

Online

Tues, Sept. 5 - Dec. 19, 5:30 - 8:00 pm
Allison Swenson - 701-367-5117
aswenson2013@gmail.com

Fathering Online

Nov. 1 - Jan. 31, 6:00 - 7:30 pm
Travis Peterson - 701-840-2090
Travpete4@gmail.com