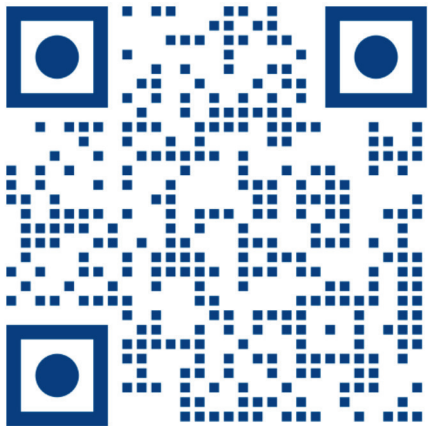


Registration

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
amy.j.tichy@ndsu.edu

www.ndnurturing.org



Funded by
ND Dept. of Health and Human Services
in partnership with NDSU Extension.



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Phone 1-855-NURT1ND

www.ndnurturing.org

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**Nurturing Families
Program**



What is the Nurturing Families 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)

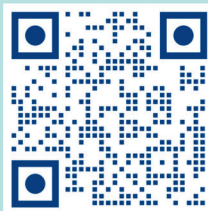
- Free on-site childcare
- Light evening meal
- Transportation assistance
(subject to prior approval)s
- Family activity time
- Children's programming



Program Locations

- Belcourt
- Bismarck/Mandan
- Fargo
- Jamestown
- Minot
- New Town
- Online
- Fathers Online

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



Contact Information

Classes held 5:30 - 8:00 p.m. unless noted

Belcourt

Mondays, Aug. 12 - Nov. 25
Jan Birkland - 701-477-5688
janb@tmcwfs.net

Bismarck

Tuesdays, Sept. 3 - Dec. 17
Julie Zent - 701-426-9911
zentjulie45@gmail.com

Fargo

Thursdays, Sept. 5 - Dec. 19
Dede Wienckowski - 701-630-8873
dwienckowski@nd.gov

Jamestown

Tuesdays, Sept. 3 - Dec. 17
Melanie Nelson - 859-630-4918
nurturingjamestown@gmail.com

Minot

Tuesdays, Sept. 3 - Dec. 17
Holly Arnold - 701-857-6450
holly.arnold@ndsu.edu

New Town

Dates TBD
Amy Tichy
amy.j.tichy@ndsu.edu

Online

Tues, Sept. 3 - Dec. 17, 6-7:30 pm
Allison Swenson - 701-367-5117
aswenson2013@gmail.com

Fathering Online

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