

Positive Solutions for Families

Workshop for parents of children up to 8 years old.

Understanding your child's behavior and learning ways to support their social and emotional development
Via ZOOM. Choose your session below.

***Tuesday evenings for 6 weeks, 6:00 to 7:30, March 2 to April 6.

To register contact Joan Valk at 603-722-3678 or valkj@waypointnh.org

***Tuesdays and Thursdays evenings for 3 weeks, 6:30 to 8:30, April 6 to April 22.

To register for this session use this sign up link:

https://forms.office.com/Pages/ResponsePage.aspx?id=x3jCY5q3qE6t98zcYAK_o8m5ZoGu0MRGkxA1cUH70RUQldYU1RUUTg4T0o4OFVaWTBRUVRDOFVNTS4u

For more information, contact Kristen Courtemanche, 603-361-1780 or courtemanche@waypointnh.org

***Mondays and Wednesdays for 3 weeks, 3:00 to 5:00, May 10th to May 26th.

To register contact Alicia Angove, angovea@waypointnh.org or 603-722-3682

Circle of Parents Support Group

Free weekly meetings where parents decide the topics and lead the discussions

This is where parents support parents with strategies and ideas, and share trials, tribulations, and laughs along the way. It's a chance to be heard and to hear others in a safe environment. Cultural traditions and boundaries are always respected.

Fridays, 5:30 -7:00 pm via ZOOM.

Contact Alicia Angove, angovea@waypointnh.org or 603-722-3682 to get the private ZOOM link.

Circle of Parents Facebook Group

A private group where you can interact with other parents, share ideas, be part of a supportive community

This is a friendly, supportive environment, led by parents and other caregivers, to discuss successes and challenges of raising children.

Just click JOIN at <https://tinyurl.com/yb84mdhl>

For more information, contact Kristen Courtemanche, courtemanche@waypointnh.org, or 603-361-1780.

Parent Hangout

All parents are welcome to this free-flowing support group for parents to support other parents.

Mondays, 5:00 to 6:00 via ZOOM.

Contact Rachel Blattstein, blattsteinr@waypointnh.org or 603-722-9415 to get the private ZOOM link.

Cooking Along the Way

-Explore healthy food options -Share a favorite recipe -Start new mealtime traditions

-Watch a cooking demo -Learn some new cooking hacks

Virtual style group via ZOOM, Thursdays from 3:00 – 5:00

Contact Barbara Walden with questions or to register: waldenb@waypointnh.org or 603-903-8212

What they didn't tell you about ADHD

This 2-hour interactive class will help give you a new perspective of what ADHD REALLY is. With years of neuroscience and research, there is much more to it than meets the eye! Learn how to use the strengths and strengthen the weaknesses! Let's expose the ADHD SUPERPOWERS that are unique and special to you and your loved ones and help them shine!

This class will be presented from 3:00 to 5:00 p.m. Wednesday February 17th via Zoom

To register please use this sign up link:

https://forms.office.com/Pages/ResponsePage.aspx?id=x3jCY5q3qE6t98zcYAK_o9I9HNOuWQRLluk-YDxEKsxUM1YwVzU2VEs0RExFREozMkdINkxPR1pOSi4u

Contact Alicia Angove with questions at angovea@waypointnh.org or 603-722-3682

What they didn't tell you about Autism

Does a loved one or someone you know have autism? A catchy phrase with growing popularity. What exactly is it? Why do they seem to be different than you or everyone else you know? What does this look like to you and your family? Are you stressed and just don't seem to have any light at the end of the tunnel? This 2-hour interactive class will help you be able to understand more about your loved ones and what you can start doing.

This class will be presented from 3:00 to 5:00 Wednesday February 24th via Zoom

To register please use this sign up link:

https://forms.office.com/Pages/ResponsePage.aspx?id=x3jCY5q3qE6t98zcYAK_o9I9HNOuWQRLluk-YDxEKsxUNjVJQTExUVI1VzJVNTThMRkNMVFNySTdYUy4u

Contact Alicia Angove with questions at angovea@waypointnh.org or 603-722-3682

What They Never Told You About Trauma

Trauma is unique to each individual person. From how you perceive the information to how it affects the body, mind and even the spirit. This 2-hour interactive course will help you understand the new future possibilities of healing for yourself or any of your loved ones.

This class is presented Wednesday March 3rd from 3:00 to 5:00

To register please used this sign up link:

https://forms.office.com/Pages/ResponsePage.aspx?id=x3jCY5q3qE6t98zcYAK_o9I9HNOuWQRLluk-YDxEKsxUOVA4QJpLRIJaUEZaVlg1SFg1SjgzRTA4UC4u

Contact Alicia Angove with questions at angovea@waypointnh.org or 603-722-3682

PASTA (Parenting a Second Time Around)

A free support group for grandparents and other family caregivers in the position of raising children again.

Thursdays, March 11 to April 15, 6:30 – 8:00 PM

Facilitated by Jennifer Conn along with other local Kinship Navigators, registration is offered on the NH Children's Trust website at www.NHchildrenstrust.org/pasta

Story Time

Get cozy and join us for a read along story time with Melissa and friends.

Second Thursday of every month beginning Feb 11, 2021 Via ZOOM 3:30 to 4:00

Sign up early, spaces are limited. Participants will receive one book prior to the event for the whole family to read along with us.

To register contact Melissa Tanner at Tannerm@waypointnh.org or 603-716-6254

