

# The Nurturing Program



**A FREE**  
**10-Week Program**  
**for FAMILIES**  
**Designed to help build**  
**healthier & happier**  
**family relationships!**  
**Jan 21—Mar 25 2010**  
**Held at Village Elementary**  
**School, York**  
**Facilitated by**



Child Abuse Prevention Council of York County

You and your family  
will learn skills to make  
your home a place  
everyone enjoys

- ☺ How to be the parent you want to be
- ☺ Communicating with Respect without raising your voice
- ☺ Building Self-Worth of parents and children
- ☺ Understanding Feelings, yours and theirs
- ☺ Dealing With Stress
- ☺ Family Morals, Values & Rules
- ☺ Praising Children & Their Behavior
- ☺ Positive Discipline
- ☺ Ages and Stages of Children & Teens

Help your family shine!

RETURN ADDRESS

FOLD HERE

TAPE HERE, DO NOT STAPLE

CAPC of YORK COUNTY  
**Nurturing Program**  
62 PORTLAND RD, SUITE 15  
KENNEBUNK ME 04043

Place 44  
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# Nurturing Program

## For Parents *and* their Children

- ☺ **WHEN:** Thursday evenings; workshops from 5pm — 8 pm, from January 21—March 25, 2010
- ☺ **WHERE:** Village Elementary School, 124 York Street, York, Maine
- ☺ **WHO:** York and Surrounding area families with children
- ☺ **WHAT:** *A free family-style meal; workshop groups for adults, and for children ages 5-8 and 9-12; childcare for children under 5; learn skills and share ideas about building healthy family relationships between adults, and between adults and children*
- ☺ **HOW:** Just fill out the Registration Form, tear off and return it, **by January 8th** to:

CAPC of York County  
**Nurturing Program**  
62 Portland Rd, Suite 15  
Kennebunk ME 04043

**To register by phone or e-mail,**  
call **207-985-5975, ext 105**  
or e-mail to  
[leahp@kidsfreetogrow.org](mailto:leahp@kidsfreetogrow.org)

## REGISTRATION FORM — *Nurturing Program:* York, Spring 2010

Registering Parent's Name: \_\_\_\_\_

Names of other Adult Family Members attending, including Adult Children:

\_\_\_\_\_ Relationship: \_\_\_\_\_

\_\_\_\_\_ Relationship: \_\_\_\_\_

\_\_\_\_\_ Relationship: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

*Street/PO Box /Apt or Lot Number*

*City/Town*

*Zip Code*

Children's Names (ages 5-12)

AGE

GRADE

SCHOOL

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you need child care for children under 5 years old? NO  YES  If YES, number of children under 5: \_\_\_\_\_

Child's Name and Age: \_\_\_\_\_ Child's Name and Age: \_\_\_\_\_

Child's Name and Age: \_\_\_\_\_ Child's Name and Age: \_\_\_\_\_

How did you find out about the **Nurturing Program**? \_\_\_\_\_

Why do you want to participate in the **Nurturing Program**? \_\_\_\_\_

What do you expect to learn and/or hope will change for your family after participating in the **Nurturing Program**? \_\_\_\_\_

Does your family have any special needs? (help with physical access, reading, special diets, food allergies, etc.) \_\_\_\_\_

**Registration deadline is: Friday, January 8th. Mail this form, call, or e-mail to register.**