

The Nurturing Program



A *FREE* 10-Week Program for FAMILIES
To improve the quality of family relationships!
Thursday Mornings
February 9-April 26, 2012
9:30 am to 11:30 am
Free childcare provided

Held at
Joyful Harvest
Neighborhood Center
128 Main Street
Biddeford, Maine
Facilitated by

Kids Free 
to Grow

JOIN US to learn skills to make your home a place everyone enjoys (includes continental breakfast).

- ☺ Would you like to explore new parenting skills?
- ☺ Do you want to communicate better with your children?
- ☺ Would you like to have new discipline ideas and family rules?
- ☺ Could you use tips on increasing positive behavior?
- ☺ Do you want to increase self-esteem and confidence in your children?
- ☺ Would you like the opportunity to talk with other parents about the challenges of parenting?
- ☺ Would it be helpful to learn what types of behaviors are common at various ages?

Program format

9:30—10:25 Group Workshop
10:25– 10:35 Break and Snack
10:35-11:30 Group Workshop

“Our home is more peaceful, with more cooperation and respect!” -

- A Parent

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Kids Free to Grow
Nurturing Program
62 PORTLAND RD, SUITE 15
KENNEBUNK ME 04043

Nurturing Program

For Parents *and* their Children

- ☺ **WHEN:** THURSDAY mornings
from 9:30 am — 11:30 am
February 9th — April 26, 2012
- ☺ **WHERE:** Joyful Harvest
128 Main Street, Biddeford, Maine
- ☺ **WHO:** Families with children in
towns in and around Biddeford
- ☺ **WHAT:** A nationally recognized
family program with proven success
brought to you free of charge.
Parents come together to learn
skills and share ideas to build
*better family relationships between
adults, and between adults and
children.*
- ☺ **Free childcare** is provided for
children up to 6 years old.
- ☺ A continental breakfast and drinks
are also provided.

HOW: *To register by phone call*
207-985-5975 or **e-mail**
programs@kidsfreetogrow.org

OR

Just fill out the Registration Form, tear
off and return it **by February 1st,**
2012

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62 Portland Rd, Suite 15
Kennebunk ME 04043

REGISTRATION FORM — *Nurturing Program:* **Free Childcare**

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	PRESCHOOL/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 Wednesday, February 1st, 2012 Mail this form, call, or e-mail to register.