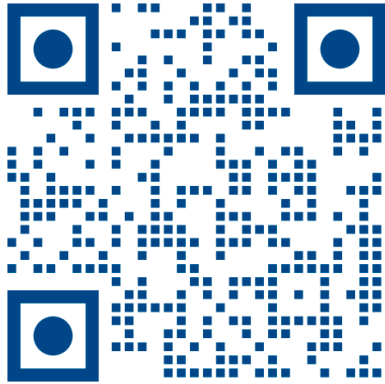


Registration

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.

NORTH
Dakota
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Human Services

EXTENSION

2023 Schedule



North
Dakota

**Nurturing
Parenting**
PROGRAMS



NDSU is an equal opportunity institution

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)

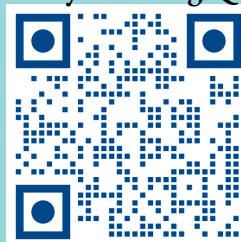
- Free on-site childcare
- Light evening meal and snack
- Transportation assistance
(subject to prior approval)
- Separate parent & child sessions
- Family activity time
- Children's programming



Program Locations

- Belcourt
- Bismarck/Mandan
- Fargo
- Harvey
- Jamestown
- Minot
- Online
- Fathers Online

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



Contact Information

Belcourt

Mon., Jan 9 - April 24, 5:30 - 8:00 pm
Jan Birkland - 701-477-5688
janb@tmcwfs.net

Bismarck

Tues., Jan 10 - April 25, 5:30 - 8:00 pm
Julie Zent - 701-426-9911
Nurturebisman@gmail.com

Fargo

Thurs., Jan 19 - May 4, 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., Jan. 10 - April 25, 5:30 - 8:00 pm
Melanie Nelson - 859-630-4918
nurturingjamestown@gmail.com

Minot

Tues., Jan 10 - April 25, 5:30 - 8:00 pm
Holly Arnold - 701-857-6450
holly.arnold@ndsu.edu

Online

Tues., Jan 17 - May 2, 6:00 - 7:30 pm
Allison Swenson - 701-367-5117
aswenson2013@gmail.com

Fathering Online

Wed., Jan 11 - Mar 29, 6:00 - 7:30 pm
Travis Peterson - 701-840-2090
Travpete4@gmail.com