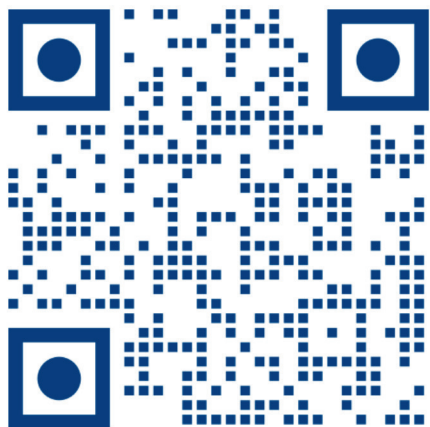


## Registration

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](mailto:amy.j.tichy@ndsu.edu)

[www.ndnurturing.org](http://www.ndnurturing.org)



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Phone 1-855-NURT1ND  
[www.ndnurturing.org](http://www.ndnurturing.org)

NDSU is an equal opportunity institution

## 2024 Schedule



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)

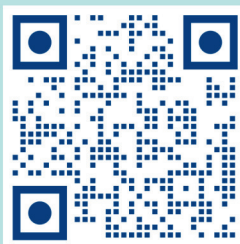
- Free on-site childcare
- Light evening meal and snack
- Transportation assistance  
(subject to prior approval)
- Separate parent & child sessions
- Family activity time
- Children's programming



## Program Locations

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

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



## Contact Information

### Belcourt

Mon., Jan 8 - April 22, 5:30 - 8:00 pm  
Jan Birkland - 701-477-5688  
janb@tmcwfs.net

### Bismarck

Tues., Jan 9 - April 23, 5:30 - 8:00 pm  
Julie Zent - 701-426-9911  
zentjulie45@gmail.com

### Fargo

Thurs. Jan 11 - Apr 25, 5:30 - 8:00 pm  
Dede Wienckowski - 701-630-8873  
dwienckowski@nd.gov

### Harvey

Tues., Jan 9 - April 23, 5:30 - 8:00 pm  
Lori Keller - 701-341-1617  
horse3@gondtc.com

### Jamestown

Tues., Jan. 9 - April 23, 5:30 - 8:00 pm  
Melanie Nelson - 859-630-4918  
nurturingjamestown@gmail.com

### Minot

Tues., Jan 9 - April 23, 5:30 - 8:00 pm  
Holly Arnold - 701-857-6450  
holly.arnold@ndsu.edu

### New Town

Tues., Jan 9 - April 23, 5:30 - 8:00 pm  
Lori Olson - 701-627-3658  
lori.olson@k12.nd.us

### Online

Tues., Jan 16 - April 30, 6:00 - 7:30 pm  
Allison Swenson - 701-367-5117  
aswenson2013@gmail.com

### Fathering Online

Wed, Jan 10 - Mar 27, 6:00 - 7:30 pm  
Amy Tichy - 701-845-8528  
amy.j.tichy@ndsu.edu