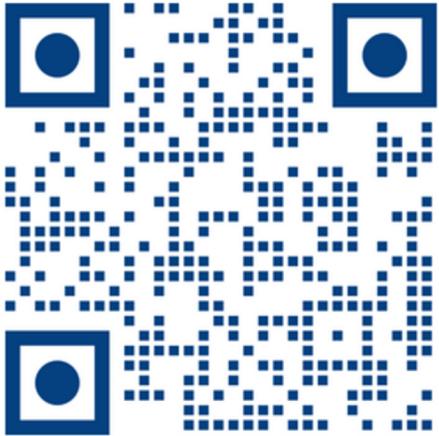


## Registration

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,

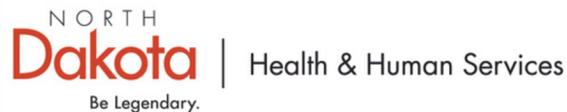
[amy.j.tichy@ndsu.edu](mailto:amy.j.tichy@ndsu.edu)

[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

## 2025 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
- Minot
- Online
- Fathers Online

## Contact Information

### Belcourt

Mon., Aug 11 - Nov 20, 5:30 - 8:00 pm  
Jan Birkland - 701-477-5688  
janb@tmcwfs.net

### Bismarck

Tues., Sept. 2 - Dec. 16, 5:30 - 8:00 p.m.  
Lex Williams- 701-426-8437  
bis.nurturing.coordinator@gmail.com

### Fargo

Thurs., Sept 11- Dec 18, 5:30 - 8:00 pm  
Dede Wienckowski - 701-630-8873  
dwienckowski@nd.gov

### Minot

Mon., Sept 15 - Dec 16, 5:30 - 8:00 pm  
Holly Arnold - 701-857-6450  
holly.arnold@ndsu.edu

### Online

Tues., Sept 2 - Dec 16, 6:00 - 7:30 pm  
Allison Swenson - 701-367-5117  
aswenson2013@gmail.com

### Fathering Online

Wed., Sept. 3 - Nov. 19, 6:00 - 7:30 pm  
Kelvin Hazangwi - 701-690-1824  
kelvinhazangwi@nd.gov

Register by scanning QR code  
or contacting site coordinator

