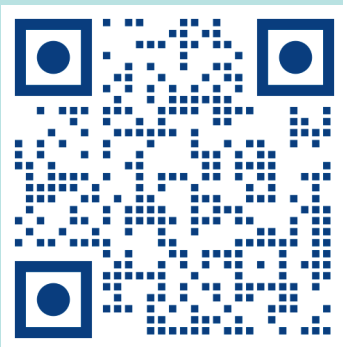




To register, scan QR code and select site.



For additional information contact:  
Amy Tichy, Program Administrator  
701-845-8528, amy.j.tichy@ndsu.edu



Funded by:

ND Dept. of Health and Human Services  
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[www.ndnurturing.org](http://www.ndnurturing.org)

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Nurturing Families  
Program



## 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)

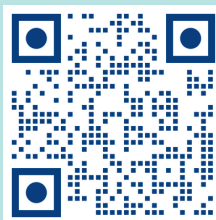
- Free on-site childcare
- Light evening meal and snack
- Transportation assistance  
(subject to prior approval)
- Separate parent & child sessions
- Family activity time
- Children's programming



## Program Locations

- Belcourt
- Bismarck/Mandan
- Dickinson
- Fargo
- Minot
- Online
- Fathers Online

Register online by scanning QR code  
or contact site coordinator



## Contact Information

### Belcourt

Mon., Aug. 10 - Nov. 23, 5:30 - 7:30 pm  
Jan Birkland - 701-477-5688  
janb@tmcwfs.net

### Bismarck

Tues., Sept. 8 - Dec. 22, 5:30 - 7:30 pm  
Macy Lorinser - 701-516-2392  
bis.nurturingfamilies@gmail.com

### Dickinson

TBD  
Stacy Kilwein - 701-456-0007  
skilwein@dpsnd.org

### Fargo

Thurs., Sept. 10 - Dec. 17, 5:30 - 7:30 pm  
Alia Jenkins - 320-333-8553  
aliajenkins@yahoo.com

### Minot

Tues., Sept. 8 - Dec. 22, 5:30 - 7:30 pm  
Holly Arnold - 701-857-6450  
holly.arnold@ndsu.edu

### Online

Tues., Sept. 8 - Dec. 22, 5:30 - 7:30 pm  
Allison Swenson - 701-367-5117  
aswenson2013@gmail.com

### Fathering Online

Wed., Sept. 2 - Nov. 18, 6:00 - 7:30 pm  
Kelvin Hazangwi - 701-690-1824  
kelvinhazangwi@nd.gov

