



To register, scan QR code and select site.



For additional information contact:
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Funded by:

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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)

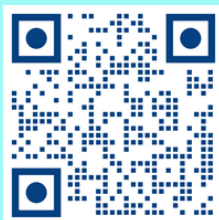
- Free on-site childcare
- Light evening meal and snack
- Transportation assistance
(subject to prior approval)
- Separate parent & child sessions
- Family activity time
- Children's programming



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

Tues., Oct. 6 - Jan. 26, 5:30 - 7:30 pm
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

