

**NURTURING PROGRAM
SUPPORT GROUPS**
“Helping to Build Stronger Families”

The Family
Resource
Center

DAD’S TOOL TIME--A Nurturing DAD’s Initiative
Come Learn the Nuts & Bolts of Parenting--It’s Free!



Starts Tuesday
March 09th, 2010 6:00-8:30pm for 13 weeks
Baker Center: Early Childhood Programs

311 E. Charlotte Ave. Punta Gorda, FL 33950
Meets in the Cafeteria

Meets in the Cafeteria **The tool time experience:**

- How to balance work and family
- Network (meet people and socialize)
- Learn relaxation techniques/stress management
- Learn to take care of yourself and others
- Discipline/punishment/rewards
- Other topics too!
- Facilitated by a Dad

NURTURING RELATIONSHIPS & PARENTING GROUP

Strengthening the couple relationship through an exploration of parenting attitudes & skills

Starts –Thursday March 11th, 2010 6:00-8:30pm for 10 weeks

Baker Center: Early Childhood Programs

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Meets in the Cafeteria –It’s Free!

What to expect:

- Harmonizing different needs and wants
- Relationship Skills
- The power to nurture
- Discipline and teamwork
- Successfully juggling time and family life
- Facilitated by a Male and a Female
- Childcare will be provided



Class is designed for females and couples

RSVP(for Dad’s/Parenting): Bruce Sukennikoff 941- 815-0342 or
By email: bsukennikoff@cbhcfl.org