

See what's
happening at RCPC!

All groups and classes are **FREE** unless otherwise stated.

GROUPS OFFERED AT RCPC:

Thursdays

Community Play Group

11:00—1:00 PM

This is a parent run play group designed to give parents a community space to meet and socialize with their young children in the winter time. Parents and children Come on out, meet some new friends, and have fun!

If you are interested in attending please call
Anna at 456-9002

CLASSES OFFERED AT RCPC:

January Classes

Tuesdays

Circle of Security

A Four Week Program

January 10—31, 1:00—3:00 PM

Join a supportive group in learning techniques for becoming more attuned and supportive to your young child's emotional needs. Circle of Security Parenting is designed for caregivers of young children ages 0-5 and helps caregivers recognize patterns of attachment in order to support their child's emotional growth and development.

Please call to pre-register. Class fee is \$30.

Scholarships are available

Scream Free Parenting

Wednesday

A Six Week Program

January 11-February 15, 1:00-3:00 PM

Scream Free parenting teaches parents how to focus on themselves, calming their own emotional reactivity so they can stay cool, calm, and connected to their children. Learn how to parent out of your integrity by making decisive choices and curbing your emotional reactivity (whether you blow up, cave in, or check out) so that you can have a relationship with your child and save some of your energy!

Please call 456-9002 to pre-register.

Class fee is \$30.

Scholarships are available

February Classes

FRIDAYS

Strengthening Families Program

A Ten Week Program

February 3—April 14

(No Class March 17 due to March Break)

4:00—5:30 PM

If you are looking for better ways to connect with your kids and strengthen your family's bond, this is the session for you! Positive, helpful insights, and activities— there's something for every family. This session is for parents with children ages 6-11, Classes begin with families sitting and talking together, and later children and parents join peer groups to learn skill in communication and healthy family dynamics.

Please call 456-9002 to pre-register.

Class fee is \$50.

Scholarships are available

**For more information on groups
and classes, please call Parenting
Coach Anna Maguire at 456-9002
or email**

amaguire@rcpcfairbanks.org

March Classes

THURSDAYS

Scream Free Parenting

A Six Week Program

March 2-April 13

(No Class March 16 due to March Break)

4:00— 6:00 PM

Scream Free parenting teaches parents how to focus on themselves, calming their own emotional reactivity so they can stay cool, calm, and connected to their children. Learn how to parent out of your integrity by making decisive choices and curbing your emotional reactivity (whether you blow up, cave in, or check out) so that you can have a relationship with your child and save some of your energy!

Please call 456-9002 to pre-register.

Class fee is \$30.

Scholarships are available



**726 26th Ave., Suite 2
Fairbanks, AK 99701
Fax: 907-451-8125**

**Interested in starting a play
group or support group but
need a space?**

**Please call Anna at 456-9002
to reserve a play room for
weekly, biweekly, or monthly
meetings.**

Family Support

Home Visiting Program

The Family Support Program is a comprehensive, strength based program offering in-home support services for parents with children **prenatal to age 12**. During weekly home visits, parents are provided with information on child development, parenting education, community resource opportunities, and service coordination.

Services Offered Include:

- Individualized, weekly home visits
- Developmental Screenings for children ages 0-5
- Transportation to necessary appointments and services as needed.
- Group activities and support for parents and their children.
 - Parent and child Resource Library

**For more information
please call:**

456-9002

RCPC is a proud member of...



Cuddle Cure Classes

Based on Dr. Harvey Karp's best-selling book and award-winning video, **The Happiest Baby on the Block**, the Cuddle Cure is a two-hour class which teaches five simple ways to turn on a baby's "calming reflex" - the extraordinary crying off-switch that all babies are born with. This class is for anyone who has an interest in the well being of infants from birth to 3 months of age. It is highly recommended for pregnant women, couples, parents, grandparents, and child care providers.

[Please Call Parenting Coach at 456-9002 for dates and to register](tel:456-9002)

Cost: \$30 per family
(Scholarships are available)

Participants receive a **Parent Kit** which includes:

- ◆ RCPC bag
- ◆ Swaddling blanket
- ◆ The Happiest Baby on the Block DVD

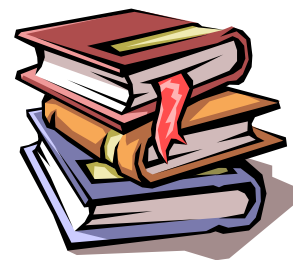


Find RCPC on Facebook to stay up to date on changes, events, and groups

Fairbanks Families Activities

Looking for more family-friendly activities around Fairbanks?

Check out the calendar and other resources at fairbanksfamilies.com



"MA POOLE"

LENDING LIBRARY

Visit our lending library Monday through Friday, from 9 a.m. to 5 p.m. and check out books, videos, and DVDs on topics such as positive discipline, sibling rivalry, loving your teenager, becoming a new parent, and so much more. If you need assistance with a specific parenting topic, our staff is always willing to assist.



Winter 2017
January– April

**Resource Center
for Parents and
Children**

...because kids don't come with instructions.

**Family
Education
Services**

If

**you'd like to receive the latest from RCPC, subscribe to our online newsletter!
Please call a Parent Coach to subscribe.**

Call: 456-9002

**One-to-one parenting sessions with a
Parent Educator are available by request.**