



See what's
happening at RCPC!

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

GROUPS OFFERED AT RCPC:

Thursdays

Community Play Group

10:00—12:00 PM

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

If you are interested in attending please call 456-9002

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

Please contact Hayley at 456-9002 to reserve a play room for weekly, biweekly, or monthly meetings.

CLASSES OFFERED AT RCPC:

May Classes

Tuesdays

Circle of Security

A Four Week Program

May 9– May 30

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

Always:

be BIGGER, STRONGER, WISER,
AND KIND.

Whenever possible:

Follow your child's need.

Whenever necessary:

take charge.

© Circle of Security Parenting Program developed by Glen Cooper, Kent Hoffman, & Bert Powell.

June Classes

Wednesdays

Scream Free Parenting

A Six Week Program

June 7-July 12

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

For more information on groups and classes, please call 456-9002 or email htiger@rcpcfairbanks.org

Thursdays

Strengthening Families Program

A Ten Week Program

June 1st —August 3rd

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



726 26th Ave., Suite 2
Fairbanks, AK 99701
Phone: 907-456-9002
Fax: 907-451-8125

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:

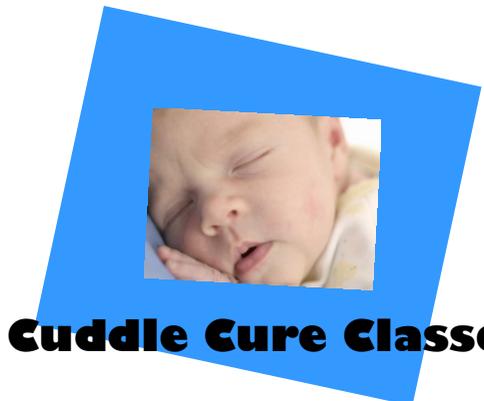
- Individualized, weekly home visits
- Developmental Screenings for children ages 0-5
- Transportation to necessary appointments and services as needed.
- Group activities and support for parents and their children.
- Parent and child Resource Library

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

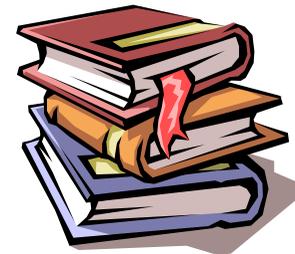


Find RCPC on Facebook to stay up to date on changes, events, and groups

Fairbanks Families Activities

Looking for more family-friendly activities around Fairbanks?

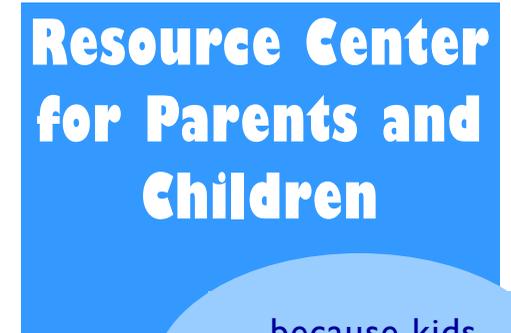
Check out the calendar and other resources at fairbanksfamilies.com



"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.



Family Education Services