

See what's
happening at RCPC!



TUESDAYS

Community Play Group

1st & 3rd Tuesday of the month

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



WEDNESDAYS

Nurturing Fathers Program

13 Session Class

November 15 - February 21

(No Class Dec. 27 & Jan. 3)

5:30-7:30 PM

Fathers play such an important role in their children's lives, yet many parenting classes do not address issues specifically unique to being a father. This 13 session class will give fathers an opportunity to learn about how to support their children's development, as well as talk about parenting as a father.

Please call to pre-register.

CLASS IS FREE OF CHARGE



THURSDAYS

Nurturing Families Prenatal Program

9 Session Class

November 16– January 25

(No Class Dec. 28 & Jan. 4)

1:30-3:30 pm

Becoming a new parent is exciting and challenging, together we'll learn what to expect - from welcoming your baby(ies) to first steps. Our focus will be on understanding infants and parent-infant relationship.

Some topics include:

- Pregnancy & parenting adjustment
- Parent-child attachment
- Infant development & nutrition
 - Infant massage
- Postpartum planning
- Community resources

Please call to pre-register.

CLASS IS FREE OF CHARGE

Scream Free Parenting A 6 Week Program October 26th - December 7th (No class November 23rd) 4:00– 6:00 PM

Learn how to parent out of your integrity by staying calm, cool, and connected. Learn how to curb 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! This class is a four-part series.

Please call to pre-register.

Class fee is \$30.



**726 26th Ave., Suite 2
Fairbanks, AK 99701
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 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...



Peer Led Support Group

Training:

RCPC is hosting a free orientation and training for any parents interested in leading a community support group. The training will be held in November and is open to the community. If you are interested in attending please call 456-9002



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

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



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.



RCPC HAS NEW PARENTING CLASSES AVAILABLE!



Resource Center for Parents and Children

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

Family Education Services