

What's happening
at RCPC!

All groups and classes are FREE unless otherwise stated.

GROUPS OFFERED AT RCPC:

Thursdays

Parent and Me
Community Play Group
10:00 AM—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 in the winter time. Play groups include: Parent and Me YOGA, Arts and Crafts, etc. Come meet some new friends, and have fun!



Interested in starting a play
group or support group
Please call 456-9003

CLASSES CURRENTLY OFFERED AT RCPC:

Tuesdays

Nurturing Families Prenatal
Program, 9 Session Class
March 6 – May 1st
5:30-7:30pm

Becoming a new parent is exciting and challenging, together we'll learn what to expect. Our focus will be on understanding infants and parent-infant relationship. Some topics to include: Pregnancy & parenting adjustment, Parent-child attachment, Infant development & nutrition, Infant massage, Postpartum planning, and Community resource. *Free Class*

Wednesdays

Nurturing Fathers Program
13 Session Class
March 7 - May 30
5:30-7:30pm

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. *Free Class*

Thursdays

Scream Free Parenting
A 6 Week Program
January 11– February 15
5:00– 7:00pm

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 456-9003 to pre-register.

Class fee is \$30.

Scholarships are available

For more information on groups
and classes, please call 456-9003
or email
lharden@rcpcfairbanks.org

Fridays

Strengthening Families Program
A 10 Week Program
February 23-April 27
5:00-6:30pm

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
pre-
Class fee is



456-9003 to
register.
\$50.



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 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 Class

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 456-9003 for dates and to register

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.



Resource Center for Parents and Children

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

Winter 2018 January-May

Family Education Services