

## COULD YOU BENEFIT FROM OUR PARENTING EDUCATION AND SUPPORT SERVICES?

Don't take our word; listen to parents who've completed one of our programs:



- ♥ *"Instead of yelling and getting angry, I am staying calm using communication tools which have improved my family relationships."*
- ♥ *"By establishing routines, and we are becoming closer. She is learning what to expect because I have become a more consistent parent, and I am learning about normal child development."*
- ♥ *"I feel so much more in tune with my child's needs and wants."*
- ♥ *"We feel more confident in successfully disciplining. I learned that using choices and consequences is a great tool in developing a child's sense of right and wrong."*
- ♥ *"I've learned so many ways to help her grow and develop. We play, read, talk, sing . . . never a dull moment. I love being a parent now!!!!"*

*This program is made possible by generous funding through grants from United Way of Larimer County, the Victim Assistance and Law Enforcement Board, and the Colorado Children's Trust Fund.*



Services that heal, strengthen, and provide hope

### Fostering Family Strengths . . .

A Parenting Education and Support Program of Lutheran Family Services of Colorado

3800 Automation Way, Suite 200

Fort Collins, CO 80525

970-266-1788, ext. 163

[ffs@lfsco.org](mailto:ffs@lfsco.org)



Fostering Family Strengths . . .

## Parenting Education and Support Program



Since its inception in 1984, Fostering Family Strengths has been committed to strengthening and empowering families by offering education and support to facilitate the development of safe, nurturing family environments.

# PARENTING EDUCATION AND SUPPORT AT LFS

*Every family has strengths and every family can use support. We further believe that every child deserves to grow up in a safe, nurturing environment.*



**Our Mission:**  
To help break the multigenerational cycle of child abuse and family violence.

## WHY PARENTING EDUCATION AND SUPPORT?

What do parents say they learn in our parenting program? Empathy. Loving discipline. Normal child development. How to be there for your child; how to listen and reason. How to take time for yourself when you are stressed.

But what if these things don't come naturally to you, and parenting is more difficult? You may be frustrated, intimidated, or just generally overwhelmed dealing with the complexities and emotions of everyday life. Maybe your own family was, well . . . not so perfect.

It's been said that 99% of all parents *want* to do the very best for their children. At LFS we coach parents in a language of understanding, acceptance, and safety. **Research has proven that parent education is the most important tool to stop child abuse and neglect.**

## PARENTING CLASS OPTIONS

♥ The 10-week **Nurturing Parent** class starts in January, May, and August. Targeted to parents of children ages 3 -14, this class is offered in the evenings in south Fort Collins, and includes an enriching children's group. The cost is \$90 for two adults, or \$60 for one adult.

♥ A 16-week **Nurturing Parenting®** class is currently offered twice each year in Larimer County. This class is targeted to parents of 0 - 5 year olds, and includes an enriching children's group. This class is FREE to qualified participants on a first-come, first-served basis, and offers incentives for successful completion.

## Circle of Parents® SUPPORT GROUPS

♥ Find out you're not alone. A new service of LFS, **Circle of Parents®** support groups provide friendship and an opportunity to learn from one another. Here, you will find no judgment. Led by a professional parenting facilitator, groups are topic focused and meet requirements for a parenting class. Come unlock the knowledge you already hold and share your wisdom. This support group meets weekly and is free of charge.

Call LFS to find out about other **Circle of Parents®** support groups being offered in the Larimer County area: 970 266-1788.