

Mission and Goals

Our mission: To support, honor, and strengthen families; enhance parent-child relationships and promote the healthy development of children by increasing parenting skill, developing a support network for parents and offering a peer group for children.

Our goals: To promote the five protective factors research has shown that, when present, increase the health and well-being of children and families.

- Nurturing and Attachment
- Knowledge of Parenting and of Child and Youth Development
- Parental Resilience
- Social Connections
- Concrete Supports for Parents

To partner with parents.

To raise awareness of the importance of strengthening families.



"Building a close bond helps parents better understand, respond to, and communicate with their children." -NH Children's Trust Fund

Riverbend Parent-Child Centers Funded in Part By:

Merrimack United Way
Monadnock United Way

NH Division Children/Youth/Families
Merrimack County Incentive Funds

Monadnock County Incentive Funds
NH Children's Trust Fund

Other private grants & funds



Hillsboro-Deering Family
Resource Center

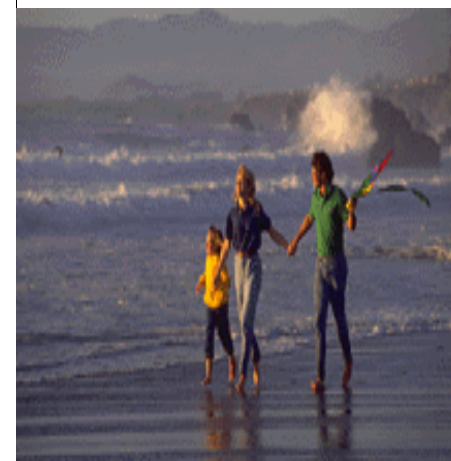
21 School Street
Hillsboro, NH 03244

Phone: 603-226-7510 ext. 4325
Fax: 603-226-7525
Email: Mkolias@riverbendcmhc.org

Promoting well-being
and self-
determination

Hillsboro- Deering Family Resource Center

A collaboration of Riverbend
Parent-Child Center and Southern
NH Services Hillsboro Child
Development Center



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Services we offer families:

- The Incredible Years Parenting Program for parents and caregivers. Childcare provided.
- The Incredible Years for Babies Parenting Playgroup Program for babies up to 12 months and their parents/caregivers.
- Parenting Support and Information available (Scheduled or Drop-In).
- Active Parenting of Teens
- Playgroup opportunities for social interaction for babies, young children, parents, and caregivers.
- Home Visiting
- Resources and Referrals
- Lending Library
- Transportation if needed
- Preschool, Childcare, & Afterschool Care
- Counseling at Riverbend CMHC, Inc.



Your family and your love must be cultivated like a garden. Time, effort, and imagination must be summoned constantly to keep any relationship flourishing and growing. - Jim Rohn

Family Resource Center

We are a non-profit, community-based facility that is available and accessible to all families in the community. We are a collaboration of Riverbend Parent-Child Center and Southern NH Services Hillsboro Child Development Center. Families and individuals may use the center and services not only in times of need, but also as an on-going part of their daily lives.

We offer the family-oriented program The Incredible Years, which is designed to strengthen parenting skills, decrease the need for discipline, and treat behavior problems in young children. This information is provided either through our weekly parenting classes or through a one-on-one support session. The first part of this program focuses on building a positive attachment/bonding between parents and children rather than focusing on behavior problems. The second half of the program focuses on reducing those inappropriate behaviors that you would like to see less of.

We offer the Active Parenting of Teens, which is designed to provide training and support for families experiencing dynamic changes of teenage development and to help parents prepare teens and pre-teens to survive and thrive in a democratic society.



Childcare

Childcare is offered during the evening classes and is staffed by two dedicated and credentialed staff members. We provide opportunities for the children to learn and explore through play in a safe and caring atmosphere.

- Play time
- Art
- Music
- Books and stories
- Socialization with other children

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