

## 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 skills, 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

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



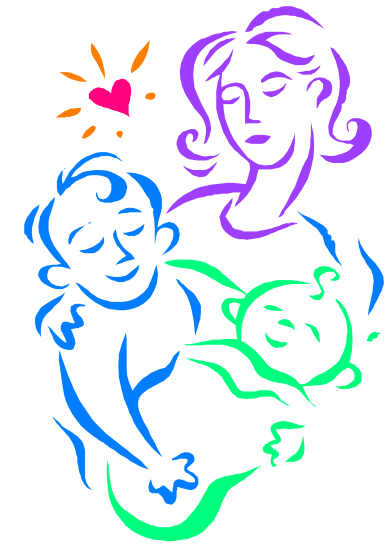
### Riverbend Parent-Child Center

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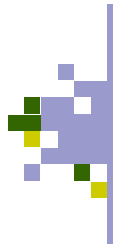
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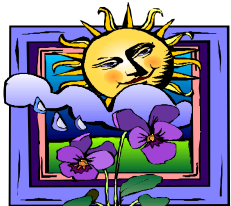
**Promoting well-being and self-determination**

Tel: 603-226-7510 Ext.4325



## Services we offer families:

- The Incredible Years Parenting Program for parents and caregivers. Childcare provided for both sessions.
- The Incredible Years for Babies and Toddlers Parenting Playgroup Program for babies and toddlers and their parents/caregivers together.
- Active Parenting of Teens Program for parents of teens and 'tweens.
- Parenting Support and Information available. (Scheduled or Drop-In)
- Playgroup opportunities for social interaction for babies, young children, parents, and caregivers.
- Home Visiting
- Resources and Referrals
- Lending Library
- Transportation if needed
- Counseling at Riverbend CMHS, Inc.



### ***Concord Connections: A Collaborative Family Resource Center***

Riverbend Parent-Child Center is part of a collaborative Family Resource Center called Concord Connections along with The Children's Place and Parent Education Center, Concord Regional Visiting Nurse Assoc., UNH Cooperative Extension-Merrimack County, Child and Family Services, Merrimack Valley Daycare, and Concord YMCA. We are a non-profit, community-based facility that is available and accessible to all families in the community. 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. Concord Connections is located at Concord YMCA at 15 North State St., Concord, NH.

### ***The Incredible Years Program: Offered by Riverbend Parent-Child Center***

Promotes parent competencies and strengthens families by:

- Increasing parents' positive relationships and bonding with their children through child-directed play and special time together.
- Increasing parents' understanding of temperament and normal developmental landmarks.
- Increasing parents' positive communication skills and reducing the use of criticism and unnecessary commands.
- Improving parents' limit-setting skills by replacing physical punishment with nonviolent discipline techniques and developing problem-solving and empathy skills.
- Improving parents' understanding of how to set up predictable routines and successfully monitor their children's behavior.
- Improving parents' problem-solving skills and anger management.
- Increasing family support networks and parents' involvement with schools.

### ***Active Parenting of Teens Program: Offered by Riverbend Parent-Child Center***

This revised Active Parenting of Teens, by Michael H. Popkin, Ph.D., is a program that helps parents meet the challenges of parenting teens and pre-teens in today's turbulent society. It will provide parents with the skills they need to:

- communicate effectively with their teens
- encourage better behavior
- use positive discipline techniques
- teach responsibility

Each session also helps parents learn how to address sensitive issues that are vital to today's teens, such as:

- drug & alcohol use
- sexuality
- violence

### ***Childcare***

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



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