



# 1234 Parents!

**Is parenting your little one tougher than you thought it would be?** 1234 Parents! can help. In this three-session workshop series, you'll learn:

- Discipline methods that work
- How to prevent tantrums
- How to make rules your child will follow
- How to care for your child at different stages
- Great ways to take care of yourself



**Date:** Wednesdays, October 26, November 2 & November 9

**Time:** 6:00-7:30pm

**Location:** Boys & Girls Club of Greater Nashua  
47 Grand Avenue, Nashua

**Presented by:** JoAnn Cobb, Child and Family Services

*Pre-registration for this FREE program is strongly suggested.  
Call Lori Fowler at (603) 883-0523, ext. 215 or register by email at  
FRCNashuaPrograms@gmail.com*

Limited free child care for all ages is available. Children age 8 and over are invited to participate in Boys & Girls Club of Greater Nashua programs when parents participate in Family Resource Center of Greater Nashua programs.

**Child care pre-registration is required.** Call (603) 883-0523, ext. 215 to make arrangements for child care or club usage.

**Looking for more information about Family Resource Center of Greater Nashua programs?**

Email [familyresourcetr.nashua@gmail.com](mailto:familyresourcetr.nashua@gmail.com) to receive notices when new Family Resource Center programs are offered...or check our website at <https://sites.google.com/site/familyresourcetrnashua>



The Family Resource Center of Greater Nashua is a collaborative effort of a group of Nashua family-serving organizations led by the Adult Learning Center, Boys & Girls Club of Greater Nashua, Child and Family Services, Greater Nashua Healthy Community Collaborative, Prevention Makes Cents, Southern New Hampshire Services, and the UNH Cooperative Extension-Hillsborough County.

Family Resource Center  
of Greater Nashua