

# NURTURING MOTHER'S PROGRAM

The 15-week curriculum focuses on nurturing parenting and supporting children's self-worth, appropriate behavior, and emotional regulation. It covers child development, creating nurturing routines, and identifying family roles. Mothers also learn about self-care, empowerment, and positive self-talk. The program includes strategies for managing stress, expressing emotions, and building skills in problem-solving, decision-making, negotiation, and compromise. Co-parenting is integrated throughout the curriculum.



**Facilitated  
By:**

**Bristol Probate and Family  
Court Probation Department**

**Ana Rodrigues and Casey Martins**



**Group Starts:**  
**SEPTEMBER 3RD**  
**5:00 - 7:00 PM**

**GROUPS ARE HELD AT:**  
**DeMello International Center**  
**128 Union St.**  
**New Bedford, MA 02740**  
**For more info contact:**  
**(508) 994-4521 ext. 120**  
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