

Black River Middle School
Guidance Department

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Hello Chester Families,

We hope you are doing well and wanted to offer a resource for support. We know the demands that have been placed on you in the past weeks have been great. In the spirit of helping foster positive and nurturing connections while home with your children, please take a moment to review this wonderful parent learning support group offered by the Family Partners of Morris and Sussex Counties. The group is being offered in both English and Spanish.

To attend a 60-minute group meeting, simply click on the register here link for each group listed! All groups will be using the ZOOM platform which will automatically download an app once you click on the link. Call 862-354-1039 with questions. Register soon! Both groups begin this evening at 6pm.



Positive Parenting Support Group

Using the Nurtured Heart Approach®

Mondays from 6 - 7 PM

[Click Here to Register](#)

Every session of this group will start with a bite size lesson on the Nurtured Heart Approach® method of parenting, followed by discussion of ways you can incorporate the new concept into your day. Sharing and discussion time included. **STARTS TODAY!**



Nutriendo el Corazón® AHA por sus siglas en Ingles. ONLINE!

Martes a las 6 - 7 PM

[Click Here to Register](#)

Grupo de Apoyo para Padres, usando el Enfoque el Corazón® NHA por sus siglas en Ingles. Cada sesión de este grupo comenzará con una pequeña lección sobre el método de crianza usando el Enfoque Nutriendo el Corazón®, seguida de una discusión sobre las formas en que puede incorporar el nuevo concepto en su día. Los participantes aprenderán cómo cambiar dramáticamente las relaciones y la dinámica familiar al poner su energía y atención en reforzar lo positivo. Tiempo de intercambio y discusión incluido. **STARTS TODAY!**