

THE NURTURING NETWORK

Are you pregnant and worried about how you are going to manage? Are you already a parent? Could you use help to become the best parent you can be? The Nurturing Network is here to help! You don't have to handle this alone.

Things to Consider:

- Do you have a place to live?
- Are you able to support yourself and your kids?
- Have you completed your education?
- Do you struggle to care for your child?
- Is there stress in your relationship with your child's father or others in your life?
- What hopes/dreams do you have for your future?
- What dreams do you have for your child?

WHO QUALIFIES?

Any parent who is struggling with two or more 'Things to Consider' above and has a child under the age of five may be eligible to receive help.

IDENTIFYING RESOURCES

The Nurturing Network can help you identify financial resources and services, which will increase your ability to provide a safe and stable home. There can be a brighter future for you and your child!



Lutheran Family & Children's Services is a statewide organization with offices in:

St. Louis Metropolitan Area
 9666 Olive Boulevard, Suite 400
 St. Louis, MO 63132
 314-787-5100 • 1-866-326-5327

Mid-Missouri
 401 West Boulevard North, Suite B
 Columbia, MO 65203
 573-815-9955

St. Charles
 3670 West Clay Street
 St. Charles, MO 63301
 636-949-5522

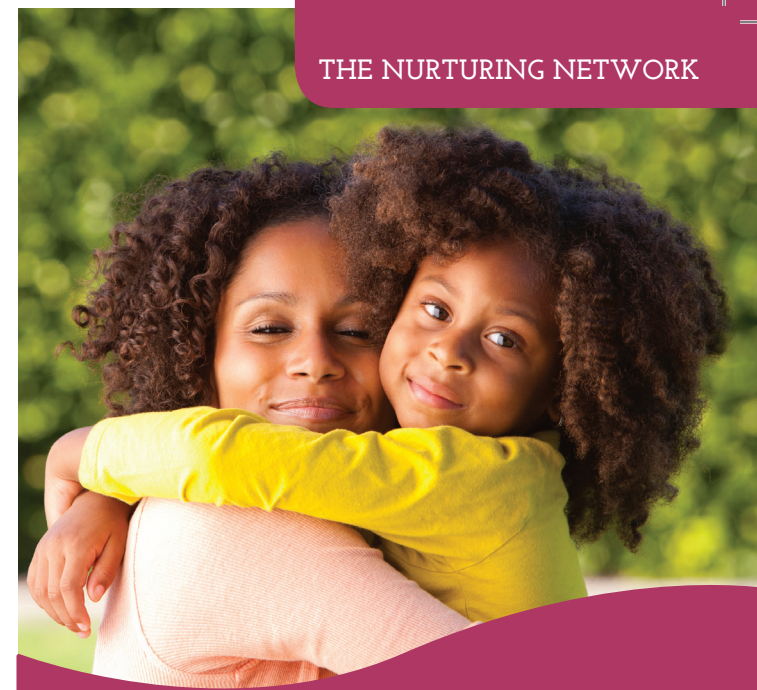
Southeast Missouri
 3178 Blattner Drive
 Cape Girardeau, MO 63703
 573-334-5866

Southwest Missouri
 2130 N. Glenstone Avenue
 Springfield, MO 65803
 417-862-1972

Hilltop Child Development Center
 6155 West Florissant Avenue
 St. Louis, MO 63136
 314-389-1001



314-787-5100 or 1-866-326-LFCS (5327)
 If interested in learning more about our services, volunteering, or making a donation to LFCs, call or visit our website
www.lfcsmo.org



The Nurturing Network
 Supporting Healthy Pregnancies
 and Loving Parenting



WHAT IS THE NURTURING NETWORK?

LFCS offers help and support to parents through The Nurturing Network. Parenting is a tough job and we are here to help.

The Nurturing Network is a nationally recognized program with evidence-based strategies and curricula.

Possible Referrals and/or Services:

- Medical Care
- Domestic Abuse Protection
- Alternative Housing
- Alternative Schooling
- Job Training and Placement
- Efforts to Promote Responsible Paternity
- Adoption Assistance
- Child Care
- Parenting Skills
- Drug and Alcohol Testing and Referrals
- Residential Care for Teens
- Temporary Foster Care for Children Under Age 5

WHAT CAN YOU EXPECT?

- Meeting in a safe and comfortable place such as your home, school, coffee shop, a local LCFS office
- Identifying achievable goals and ways to meet them
- Connecting to resources in our community to help you better care for yourself and your children
- Dealing with issues in your life as they impact you and your child
- Working with a professional on goals that are important to you and your child

WHAT WILL WE TALK ABOUT?

Conflicts and Compromises

How to stay happy when you are trying to please everyone else

Having Fun with Your Child

Games to increase bonding between you and your child

How to Take Care of Yourself

When you don't even have time to breathe

Making Good Choices

Learn how to make good decisions

Discipline Techniques

Telling your child 'no' when her first words were 'No, Mommy!'

The Importance of Touch

The benefits of appropriate touch