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
**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

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www.lfcsmo.org