

# Incarceration Affects the Whole Family



Children of incarcerated parents and their caregivers need support. The Family Ties Inside Out Project is here to help with a number of new virtual support groups.

Audience:	Hosted by:	Day/Time:	To Register:
Elementary School (Ages 5-9 years)	Family Resource Center of Central NH	Twice monthly on the 2nd and 4th Mondays of each month 4:30-5:30pm	<a href="#">Sign up now</a> Or email <a href="mailto:tricia.tousignant@lracs.org">tricia.tousignant@lracs.org</a>
Middle School (Ages 10-13 years)	The Family Resource Center Of Gorham	The 1st and 3rd Thursdays of each month 3:30—4:30 pm	<a href="#">Family Ties Inside Out (office.com)</a> Or email <a href="mailto:kat.morris@frc123.org">kat.morris@frc123.org</a>
High School (Ages 14-18 years)	The Upper Room Family Resource Center	Twice monthly on the 2nd and 4th Wednesdays of each month 7:30-8:30pm	<a href="#">Sign up now</a> Or email <a href="mailto:mkittery@urteachers.org">mkittery@urteachers.org</a>
Caregivers of Children with Incarcerated Parents	Families First	Last Monday of the month 7-8pm	Email <a href="mailto:jclement@familiesfirstseacoast.org">jclement@familiesfirstseacoast.org</a>
Caregivers of Children with Incarcerated Parents	Archways	First Thursday of each month 1:00-2:00 pm	To sign up, email <a href="mailto:peisner@archwaysnh.org">peisner@archwaysnh.org</a>

Children of incarcerated parents and their caregivers need to know they're not alone! Join us for a safe place to feel supported, offer understanding to others, process feelings and learn how to cope with them.

Children's groups will consist of talking and games, stories & other playful activities.

**All participants will receive A Walmart Gift Card for each session they attend.**

**All support groups will be held via Zoom.**