



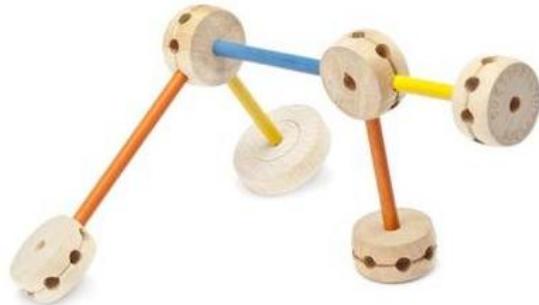
*TLC Family Resource Center supports and strengthens all families, children, and youth with a wide range of free programs, support groups, education, and events.*

[WEBSITE](#) | [ABOUT US](#) | [PROGRAMS](#) | [SUPPORT](#) | [EVENTS](#)

## News and Events for December

### Donate: Help us build connections

The essence of TLC Family Resource Center is to create lasting and loving connections within and among the families we serve. Our work extends deep into our communities. TLC (Teach Loving Connections) helps families connect to each other and find support groups and services that strengthen their parenting skills.



As children, Tinker Toys expanded our imagination and ability to connect and create as we built unique structures. In that same way, our programs empower children, youth, and parents to discover their own strengths and build on them. Our trained staff provide one-on-one, trusting relationships with those they serve, supporting families as they make the connections they need to reach their own goals.



The services TLC provides draw in all families. It takes time and trust to build relationships with families. With your support, we will continue to be available to provide the connections, the information, and the time necessary for each family to build their own success and unique future. Thank you for your past support. We look forward to an ongoing partnership with you as we serve the families who call Sullivan and Grafton Counties their home. Please consider making your year end donation to

TLC and helping us to continue to build connections for our families. Click [here](#) to make a donation towards our year-end annual appeal.

## Love seat needed

We are seeking a gently used love seat for one of our playrooms. Please call 603-542-1848 or email [Maggie](#) if you have a donation to make.

## What's Happening

### Qmmunity holds first event



Approximately 30 Dartmouth medical students and LGBTQ+ youth from the Upper Valley went bowling on Friday, Nov. 30 for the first event of the Qmmunity mentoring program, which is being done in collaboration with Rural Outright. The program is based on the idea that young people with differing sexual orientations and identities living in rural areas face extra challenges to their mental health and well-being. They are hoping that the youth having someone who is like them can help them navigate life. They are hoping to have another event before they match youth to mentors.

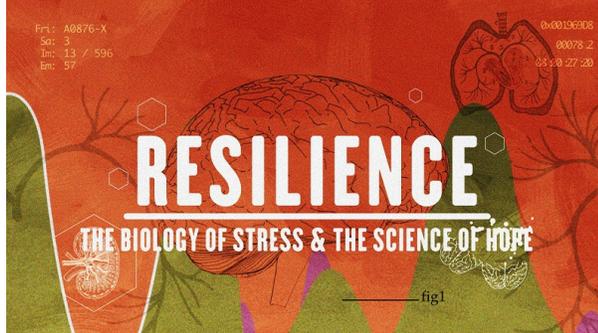
## Upcoming Events

*For up-to-date information and a full list of support groups and upcoming events, please check our [Calendar of Events](#).*

### 'Resilience' to be screened at DHMC

There will be a free screening of *Resilience: The Biology of Stress*

and the Science of Hope on Thursday, Dec. 6, 5:30-7 p.m., at Dartmouth-Hitchcock Medical Center in Auditorium E. The event is free and no registration is necessary. There will be a 30 minute discussion following for those who can stay. This is a must-see for those who care about others and the challenges they have. Adverse Childhood Experiences are introduced as a root cause of health concerns in our nation, from children to adults.



This event is being produced in partnership with CHaD, the NH Charitable Foundation, Greater Sullivan County Public Health Network, the Public Health Council of the Upper Valley, and TLC Family Resource Center.

---

## Listening session on LGBTQ+ aging

On Monday, Dec. 10, from 10:30 a.m. to noon, the ACLU will be holding a listening session on aging for the LGBTQ+ community. The event is free and everyone is welcome. The session will be held at The Center for Recovery Resources at 1 Pleasant St. Suite 104 in Claremont.

---

## NARCAN training is available



The Center for Recovery Resources, a community program of TLC Family Resource Center, is offering free NARCAN training. Just stop by the office to receive the training, which is open to anyone in the community.

Many people mistakenly think that NARCAN is administered via an injection. It is administered through a nasal spray and has no effect on the person if they are not overdosing. Learning to use it and carrying it with you could save a life...anywhere.

The Center is open Monday to Friday, from 9 a.m. to 5 p.m., and is located at 1 Pleasant St. Suite 104 in Claremont. For more information about The Center and the peer recovery services offered, click [here](#).

---

Neil Allen  
Communications and Marketing  
neil@tlcfamilyrc.org  
www.tlcfamilyrc.org

## STAY CONNECTED

