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# Parenting A Second Time Around (PASTA)



**Wednesday nights from 5:30 – 7:00 PM**

**YMCA of Downtown Manchester | 30 Mechanic St, Manchester, NH**

**Parking in the parking garage and child care will be provided at no cost!**

**PASTA is a free support group for kinship caregivers and grandparents in the position of raising children again.**

## **INFORMATION, SKILLS AND RESOURCES**

Topics include child development, discipline and guidance, caring for oneself as a caregiver, rebuilding a family, living with teens, legal issues and advocacy.

**When registering, please confirm your participation and child care needs.**



**SOUTH CENTRAL NH  
PUBLIC HEALTH NETWORK**  
The healthiest and safest communities in New Hampshire!



**WAYPOINT**  
Help Along the Way

**In partnership with South Central NH Public Health, Kinship Navigation and Waypoint.**

**For more information or to register, please contact Michelle Goodnow, Associate Executive Director at 603.232.8618 or email [mgoodnow@graniteymca.org](mailto:mgoodnow@graniteymca.org).**