

REAL Essentials: Finding and/or Maintaining a Healthy, Lasting Relationship



Clients meet one-one-on, as a couple or in a group setting with a trained advocate who will discuss the five building blocks to a successful relationship. This fun, multi-week, interactive curriculum is activity based and tells the plain truth about sex, dating, lasting relationships and marriage--A MUST DO!

REAL Parenting & Relationship Education



Real Options 
Pregnancy Help Services

Manchester Center
25 Lowell St, Suite 100
Manchester, NH 03101
603-623-1122

Nashua Center
110 Main St
Nashua, NH 03060
603-883-1122

www.realoptionsnh.org

REAL Parenting for First-Time Moms



Beginning in early pregnancy and continuing until the baby is six months old, clients are guided through their pregnancy with helpful, educational information regarding fetal development, childbirth and parenting strategies. Clients meet for appointments with a trained advocate to participate in our DVD parenting curriculum. Each lesson completed is rewarded with Mommy Money that can be spent in our on-site Baby Boutique for a variety of items for baby.

REAL Fatherhood for First-Time Dads



This 10-week, DVD-based Practical Fatherhood curriculum will help clients learn the skills necessary to be the best parent possible in their own unique role as a father. Clients meet for appointments with a trained advocate. Each lesson completed is rewarded with Daddy Dollars that can be spent in our on-site Baby Boutique for a variety of items for baby.