



Program Offerings



Parenting Journey I

This introductory curriculum is designed to help parents and caregivers understand how past experiences and present realities shape their attitudes and beliefs as parents and influence how they engage with their children. Through a process of self-reflection and guided conversation, Parenting Journey I participants learn more about themselves not just as parents but also as individuals, resulting in a more confident parenting style and an understanding that they are not alone in their journey.



Parenting Journey II

Designed for those looking to further enhance key learnings from Parenting Journey I, this program provides an opportunity for parents and caregivers to build upon their current reality to create a positive and productive future for the entire family. This curriculum focuses on identifying and breaking free of negative behaviors, goal-setting – personal and as a family – and making plans for their family's future.



Sober Parenting Journey

Addiction is complicated and difficult to overcome. Parents and caregivers in recovery face the additional challenge of building strong, positive relationships with their children while maintaining sobriety, which can be both rewarding and daunting. Sober Parenting Journey provides a valuable source of fellowship and support and enhances awareness of triggers that may bring about relapse. Personal recovery, accountability, positive actions, and hard work are only some of the topics discussed by group members.



Parenting Journey for Fathers

Modeled after Parenting Journey I, the father-friendly setting in Parenting for Fathers creates a sense of support and comfort among fathers and father-figures. Resulting in a safe space, participants open-up about doubts, fears, and other emotions that can often be challenging in a co-ed group. This program helps fathers and father-figures improve their relationships with their children and family while becoming the man and dad they aspire to be.



Parenting in America

Parents and caregivers who immigrate to the United States bring with them a wealth of parenting strengths – drawing on culture, tradition, and family experience – yet living in a multicultural setting can be challenging. Parenting in America encourages parents to honor their cultural heritage while also helping them to develop new culturally responsive practices and strategies.