



## REGISTER TODAY!

Contact Parenting Journey for more information.

### UPCOMING 2017 PROGRAMS

**May 9–August 1** (Portuguese)

**May 10–July 26** (English)

**May 10–July 26** (Haitian-Creole)

**May 11–July 27** (English)

### LOCATION

Somerville, MA

### DURATION

2 hours a week for 12 weeks

### COST

\$5.00 registration fee

Complimentary childcare and family-style meal provided.

# PARENTING JOURNEY I

Parenting Journey is open to everyone. No matter where you are from, no matter what your background, you are welcome at Parenting Journey. We work with mothers, fathers, and caregivers from all walks of life, raising children of all ages.

## PARENTING JOURNEY I

*Offered in English, Haitian-Creole, Portuguese, and Spanish*

In Parenting Journey I, a small group of parents and caregivers meet for 2 hours a week for 12 weeks. The program includes activities, discussions, a family-style meal, and complimentary childcare.

The program is experiential, which means you learn by doing—and it's fun. Through a combination

of hands-on activities and guided discussions, you will develop knowledge and skills that support you as a parent and role-model. By reflecting on your own childhood, you will be able to choose what kind of parent you want to be and create your own style of parenting—one that reflects your personal vision and values.

### WHAT'S IN IT FOR YOU

In a supportive setting, we will work with you to uncover your inner strengths and help you achieve your goals.

- Identify your strengths and increase your resiliency.
- Learn to tackle everyday stressors and challenging situations.
- Build community and increase your support network.
- Become more confident and optimistic about achieving personal goals.
- Increase your ability to nurture yourself and your children.
- Build greater trust, empathy, and honesty.
- Learn about local resources available to you.



366 Somerville Ave | Somerville, MA 02143  
(617) 628-8815 | [info@parentingjourney.org](mailto:info@parentingjourney.org)  
[parentingjourney.org](http://parentingjourney.org)