

FACILITATOR TRAINING PARENTING IN AMERICA



Parenting Journey programs are designed to help mothers, fathers, and caregivers increase their confidence and resilience while laying the groundwork for strong family relationships.

PARENTING IN AMERICA | PROGRAM

In Parenting in America, 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.

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.

Parents graduate from the program feeling empowered to face immigration challenges that affect them as individuals and as parents, recognizing that perseverance is key to their success.

FACILITATOR TRAINING

Earn up to 30 CEUs

Parenting Journey offers immersive 5-day facilitator trainings for professionals interested in implementing Parenting Journey programs at their agency. Through hands-on activities, active engagement, and self-reflection, participants master the experiential Parenting Journey curriculum as well as group management and facilitation techniques.

Enroll in our training for facilitators and learn firsthand how to use our experiential curricula to run a Parenting Journey program within your own organization.

REGISTER

www.parentingjourney.org

\$800 per participant

Group discount rates available

TRAINING LOCATIONS & DATES

Somerville, MA and New York, NY

For a complete schedule, visit

www.parentingjourney.org

OUR REACH

More than 2,100 professionals have completed the Parenting Journey Facilitator Training. Parenting Journey has been replicated by nearly 500 organizations.



NATIONAL HEADQUARTERS | 617-628-8815

366 Somerville Ave | Somerville, MA 02143

NEW YORK OFFICE | 212-430-5909

80 Maiden Lane, 11th Floor | New York, NY 10038

parentingjourney.org | info@parentingjourney.org

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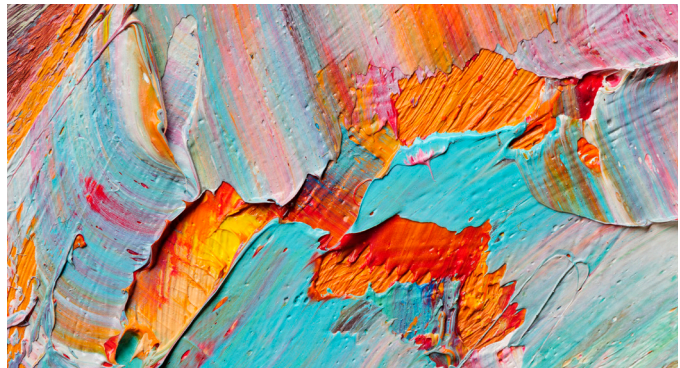
CURRICULUM SUMMARY

All of our curricula and training models are grounded in family systems theory. The focus is on the strengths and resiliencies of families, and recognizes the importance of instilling a sense of hope and possibility, even in the face of life's most challenging circumstances.

SESSIONS 1-2

Immigration Experience and Developing Trust

These sessions begin with ice-breakers, team building activities, and energizers to engage participants and help them become more comfortable in the group setting. Participants are encouraged to share their personal immigration experiences, which reveal their inner strengths and values while deepening their multicultural understanding.



SESSIONS 3-6

Navigating Cultural Heritage

Through a series of hands-on activities, participants reflect on past experiences in their native country and contemplate how the immigration experience has impacted them individually and as a family. Participants are encouraged to honor their cultural heritage while also developing new culturally responsive practices and strategies to improve quality of life.

SESSIONS 9-11

Empowered Parenting Styles

The group respectfully explores parenting practices from multiple cultures and integrates new ideas. Participants analyze and internalize the advantages and disadvantages of using disciplinary practices in a compassionate, non-judgmental way, and the impact they have on the parent-child relationship. Feeling empowered, parents reaffirm and design their own best parenting styles to fit their family.

SESSIONS 7-8

Teaching and Nurturing Children

In these sessions, participants explore how to understand and recognize a child's developmental and socio-emotional needs. Participants gain information and cultivate empathy to help make more positive and informed choices for their children as they grow.

SESSION 12

Graduation

The final session is a graduation ceremony, where participants invite their friends and family to attend. Parents take center stage and are praised for their strengths and participation. We share various community resources to grow members' support systems.