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.
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 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.

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.

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.

More details about the curriculum are available at www.parentingjourney.org.