



## REGISTER TODAY!

Contact Parenting Journey for more information.

### UPCOMING PROGRAM

Thursdays, Sept. 21-Dec. 14, '17\*

(English)

\*November 23 skipped for Thanksgiving holiday.

### LOCATION

Somerville, MA

### DURATION

2 hours a week for 12 weeks

### COST

Free! Complimentary childcare and family-style meal provided.

# PARENTING JOURNEY II

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 who are raising children of all ages.

## PARENTING JOURNEY II | PROGRAM

*Offered in English and Portuguese*

In Parenting Journey II, 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.

Parenting Journey II is designed for those who want to follow-up on what they learned in Parenting

Journey I. Building on your strengths, we will help you identify the steps needed to reach your dreams for the future. Through a combination of hands-on activities and guided discussions, you will learn how to set and achieve personal and family goals, and how to create and maintain positive new behaviors.

### 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.
- Make choices that will keep you headed in the direction you want to go.
- Set goals for yourself and develop a concrete action plan to get you there.
- Learn how to work as a family to create and achieve goals.
- Create balance in your life with practical tips, tools, and the support of parents like you.
- Become more confident and optimistic about achieving personal goals.
- Build new possibilities for yourself and your children.



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