

FACILITATOR TRAINING PARENTING JOURNEY I



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 JOURNEY I | PROGRAM

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.

Our flagship 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.

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 facilitator training to run a Parenting Journey program at your 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.



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PARENTING JOURNEY I

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

Building Trust

These sessions start with ice-breakers and other team building activities designed to build comfort and cohesion among parents.

SESSIONS 3-6

Connecting the Past to the Present

These sessions get to the heart of the Parenting Journey model. Parents are respectfully led through a series of experiential activities that offer them an opportunity to reflect on their past experiences of being parented. This process encourages parents to identify what did and didn't "work" in their own childhood, helping them to identify and resolve unhealthy patterns they might be repeating with their own children. They acknowledge past disappointments and move toward making conscious decisions to be successful parents.

SESSIONS 7-8

Special Challenges

In these sessions, parents explore special challenges such as holding on to "secrets" and "fears" and talking our children about their "other parent" [Honoring Your Child's Identity]. These sessions help parents address how these issues can impede their ability to move forward in their lives.



SESSIONS 9-10

Choices

Parents explore the importance of making proactive choices. They identify concrete and achievable goals and develop strategies for reaching them.

SESSIONS 11-12

Closure

In the final sessions, parents are supported as they confront losses in their lives and reflect on "good" and "bad" endings that they have experienced. The final session is a graduation ceremony, attended by friends and family. Parents take center stage and are praised for their strengths and participation. The significance of the graduation ceremony often stands as a monumental accomplishment.