



## REGISTER TODAY!

Contact Parenting Journey for more information.

### UPCOMING PROGRAMS

For program dates, visit:  
[www.parentingjourney.org/parents](http://www.parentingjourney.org/parents)

### LOCATION

Somerville, MA

### DURATION

2 hours a week for 12 weeks

### COST

Free! Complimentary childcare and family-style meal provided.

# PARENTING IN AMERICA

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 IN AMERICA | PROGRAM

*Offered in Haitian Creole and Spanish*

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.

In Parenting in America, we encourage you to honor your cultural heritage while also helping you to develop new culturally responsive practices and strategies. You will graduate from the program feeling empowered to face immigration challenges that affect you as an individual and as a parent, recognizing that perseverance is key to your success.

## 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.

- Discover which government agencies, NGOs, and private institutions will be most helpful and how to navigate them effectively.
- Become more assertive in advocating for yourself and your children.
- Identify your strengths and increase your resiliency.
- Learn to tackle everyday stressors and challenging situations.
- Learn to trust yourself and those who will be most supportive of you and your family.
- Become more confident and optimistic about achieving personal goals.



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