WHAT’S IN IT FOR YOU
In a nurturing setting, we will learn to care for ourselves and support each other so we can be the leaders our families need.

- Improve your health and well-being.
- Connect with new people and gain support.
- Practice your communication skills.
- Improve your important relationships.
- Identify your strengths and gain hope.
- Learn to overcome difficult situations.
- Find your own leadership style.
- Obtain information about valuable resources.
- Increase your capacity to understand and care for your children.

PARENTING JOURNEY SUPPORT GROUP
This group is open to all parents and people who care for children. While building connection and a supportive community, the group participants will explore issues that are important to them, gaining new insight into what matters most.

PARENTING JOURNEY SUPPORT GROUP | PROGRAM
Offered in Spanish

In Parenting Journey Support Group, a small group of parents and caregivers meet for 2 hours a week for 6 weeks. The program includes activities, discussions, a family-style meal, and complimentary childcare.

In each session, we will learn to take care of ourselves and discover new possibilities as parents. There will be time for the group to choose their own topics of discussion related to what’s happening in their families. Possible topics include: managing stress, understanding your children’s behavior, practicing patience with toddlers, and developing a respectful relationship with a teenager. Group members will give and receive support to overcome the challenges they’re facing.

UPCOMING PROGRAMS
For program dates, visit: www.parentingjourney.org/parents

LOCATION
Somerville, MA

DURATION
2 hours a week for 6 weeks

COST
Free! Complimentary childcare and family-style meal provided.

REGISTER TODAY!
Contact Parenting Journey for more information.

PARENTING JOURNEY SUPPORT GROUP
In Parenting Journey Support Group, a small group of parents and caregivers meet for 2 hours a week for 6 weeks. The program includes activities, discussions, a family-style meal, and complimentary childcare.

In each session, we will learn to take care of ourselves and discover new possibilities as parents. There will be time for the group to choose their own topics of discussion related to what’s happening in their families. Possible topics include: managing stress, understanding your children’s behavior, practicing patience with toddlers, and developing a respectful relationship with a teenager. Group members will give and receive support to overcome the challenges they’re facing.

WHAT’S IN IT FOR YOU
In a nurturing setting, we will learn to care for ourselves and support each other so we can be the leaders our families need.

- Improve your health and well-being.
- Connect with new people and gain support.
- Practice your communication skills.
- Improve your important relationships.
- Identify your strengths and gain hope.
- Learn to overcome difficult situations.
- Find your own leadership style.
- Obtain information about valuable resources.
- Increase your capacity to understand and care for your children.

PARENTING JOURNEY SUPPORT GROUP | PROGRAM
Offered in Spanish

In Parenting Journey Support Group, a small group of parents and caregivers meet for 2 hours a week for 6 weeks. The program includes activities, discussions, a family-style meal, and complimentary childcare.

In each session, we will learn to take care of ourselves and discover new possibilities as parents. There will be time for the group to choose their own topics of discussion related to what’s happening in their families. Possible topics include: managing stress, understanding your children’s behavior, practicing patience with toddlers, and developing a respectful relationship with a teenager. Group members will give and receive support to overcome the challenges they’re facing.

UPCOMING PROGRAMS
For program dates, visit: www.parentingjourney.org/parents

LOCATION
Somerville, MA

DURATION
2 hours a week for 6 weeks

COST
Free! Complimentary childcare and family-style meal provided.

REGISTER TODAY!
Contact Parenting Journey for more information.