



## 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 6 weeks

### COST

Free! Complimentary childcare and family-style meal provided.

# 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.

### 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.



366 Somerville Ave | Somerville, MA 02143  
617.628.8815 | [info@parentingjourney.org](mailto:info@parentingjourney.org)  
[parentingjourney.org](http://parentingjourney.org)