

## Pro Action's Parent Education Offerings

### **FLIP IT!**

FLIP IT© teaches four, easy to remember steps to help children identify their feelings, learn healthy self-control and reduce challenging behaviors. FLIP IT© is for anyone...parents, grandparents, teachers, childcare providers. All Facilitators are certified by Devereux Center for Resilient Children.

### **Your Journey Together (YJT)**

A strength-based curriculum designed to promote the social and emotional well-being and resilience of vulnerable children and their families. The YJT curriculum focuses on empowering parents to promote safe, trusting, and healing environments— all key elements of a trauma-sensitive program. All facilitators are trained by Devereaux Center for Resilient Children.

### **Parenting with Heart**

Our most popular parenting series, this 10-week series allows parents to choose what they want to or need to learn from many topics that include: discipline, child safety, communication, child development, the importance of self-care and the effects of substance abuse on the family. Participants also learn about how their own upbringing influences the way they are raising their children. Facilitators are credentialed through the Training for Excellence of Parent Education ( T.E.P.E)

### **Pro Action Parent Leadership Program**

Families are the true voice for our children and our communities. Come gain the knowledge and confidence to lift your voice as we guide you to gain the skills to advocate on behalf of your children and your community. Together we can create a safe and supported path for all children to succeed. You will become the leader you were always meant to be.

### **What You Do Matters!**

What You Do Matters is a six-week series that combines short parent-educator discussions followed by parent-child interaction. Each one-hour session focuses on a different topic and parents have the opportunity share experiences, ask questions, and try out activities. Facilitators are trained through Parents as Teachers!

### **Positive Solutions for Families**

Throughout this 6- week parent education program participants will learn how to promote children's social and emotional skills, understand their problem behaviors, and use positive approaches to help children learn appropriate behavior. These sessions will give parents general information on key strategies that may be used with all children. All facilitators are trained through Center on the Social and Emotional Foundations for Early Learning.

### **Fatherhood Connections**

A six-session program in which fathers and father-figures will gain a stronger understanding of their roles and responsibilities, for the best interest of their children. Fathers and father-figures will be equipped with skill sets to become more confident & competent fathers, partners, and leaders in our community.

Parenting is the most important and challenging job any of us can have!

People often wonder why parents attend parenting education classes. Isn't good parenting innate? Studies have shown that in fact most parents can benefit from some guidance in order to do the best job they can in raising their children.

**For more information contact:**  
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All current offerings can be found on the Pro Action of Steuben and Yates website <http://www.proactioninc.org/events>.

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