

Parent Education Offerings:

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 to do the best job they can in raising their children.

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- FLIP IT! (Devereux Center for Resilient Children) \$1,200**
FLIP IT© is a strategy that offers a simple, kind, strength-based, commonsense, and effective four-step process to address children's day to day challenging behavior using Feelings, Limits, Inquiries and Prompts. Four, 90-minute sessions are delivered in a group setting by Devereux Center for Resilient Children certified facilitator(s). *For caregivers of any age child.*
- Positive Solutions for Families (Pyramid Model) \$1,800**
Participants learn how to promote children's social and emotional skills, understand their problem behaviors, and use positive approaches to help children learn appropriate behavior. Facilitators who are trained through Center on the Social and Emotional Foundations for Early Learning deliver six, 90-minute parent education sessions in a group setting. *For caregivers of any age child.*
- Starting Life Together (Based on NYS Parent Guide)..... \$1,500**
Parents and caregivers, with children prenatal up to one year old, will receive a New Parent Kit and are invited to a 5-week discussion group to learn five key parenting behaviors that build a nurturing, healthy family and a strong, trusting, and positive relationship with your child. Each session is 90 minutes. *For caregivers of babies under age 1.)*
- Building Your Bounce (Devereux Center for Resilient Children)..... \$800**
As adults, we all want to be happy and to achieve in life. But where do we start? Life comes at us and knocks us down at times. This professional development series, created by the Devereux Center for Resilient Children, is delivered in a group setting with professionals and/or caregivers. Building Your Bounce uses simple strategies to build and support adult resiliency so that we may better care for ourselves and the children in our lives. Group is offered in four, 60-minute sessions. *For anyone.*
- Your Journey Together (YJT)..... \$1,200**
A strength-based curriculum designed to promote the social and emotional well-being and resilience of vulnerable children and their families. The focus is on empowering parents to promote safe, trusting, and healing environments—all key elements of a trauma-sensitive program. Devereux Center for Resilient Children trained facilitators deliver this program in a group setting over six, 60-minute sessions. *For caregivers of any age child.*
- 24/7 Dad® (National Fatherhood Initiative).....\$2,400 or \$4,800**
24/7 Dad® is a voluntary, comprehensive fatherhood program designed to help men improve their parenting skills and fathering knowledge. The program focuses on building self-awareness, self-caring, parenting, fathering, and relationship skills. National Fatherhood Initiative Certified Facilitators deliver 24/7 Dad® in a group setting over a 6- or 12-week session; each session is 2 hours. *Especially appropriate for Fathers and Father figures.*
- Fatherhood Connection..... \$5,200**
A 13-session support group and 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. Participants will also receive supportive services through Pro Action's family support programs. (Mini sessions of 5, 6 or 8 weeks can be customized. Price would reduce accordingly.) *Especially appropriate for Fathers and Father figures.*
- What You Do Matters! (Parents As Teachers)..... \$1,200**
What You Do Matters is a 6-week series, sponsored by Parents as Teachers, that combines short parent-educator discussions with caregiver-child interactions. Each one-hour session focuses on a different topic and caregivers have an opportunity to share experiences, ask questions, and try out activities. *For caregivers of children Birth to Age 5.*