

## Community Based 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.

### **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.

### **Parenting with Heart**

A popular 10-week series that allows parents to choose what they want to or need to learn from 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)

### **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.

### **Starting Life Together**

For parent and caregivers with children prenatal up to one year, a 5-week discussion about building a nurturing healthy relationship with your child. You will gain knowledge of five key parenting behaviors you can use to build a strong, trusting, and positive relationship with your child and receive a New Parent Kit.

### **Strengthening Families Program**

The Strengthening Families Program is a 14-session, evidence-based program that promotes family life skills through positive interactions, communication, and effective discipline. Caregivers and children participate in SFP, both together and individually for informal family practice time. This program includes supportive services and coaching with Family Support Worker.

All Current offerings can be found at Pro Action of Steuben and Yates website:

<http://www.proactioninc.org/events>

### **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.

### **Building Your Bounce**

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. How do we pick ourselves up and move forward? Created by the Devereux Center for Resilient Children, Building Your Bounce uses simple strategies to build and support adult resiliency so that we may better care ourselves and the children in our lives.

### **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!

### **Fatherhood Connections**

A fifteen-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.

### **Easy to Love, Difficult to Discipline**

An 8- week book study for caregivers to learn the 7 Basic Skills to turn Conflict into Cooperation. Book is by Dr. Becky Bailey, author & founder of Conscious Discipline.

For more information contact:

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