**Evidence Based Virtual Parenting Groups – January 2021**

**Parenting programs help mothers, fathers, and caregivers increase their confidence, capability, and resiliency – as individuals and as parents. While nurturing oneself and**

**their children, each parent lays the groundwork for strong family relationships.**

**All programs are FREE and open to parents from all communities.**

 **Parents must call themselves to complete a required intake,**

**and they MUST agree to attend all classes.**

**Active Parenting (English) – Via Zoom**-

**Open to parents of children age 0-12**

**Monday, January 25th – March 15th – 9:00 to 11:00 am**

**Facilitator: Eleanor Gayhart**

*For the Love of Family Being a “successful parent” means more than providing food, clothing, and shelter. It requires taking an active role in a child’s growth and development, and an active approach to parenting. Our mission at Active Parenting Publishers (APP) is to support and prepare families through “every stage, every step” of their child’s development. We are also here to support and prepare parent educators “every stage, every step” in their efforts to provide the best programs possible to the families they serve.*

**Parenting Journey 1 (English) – Via Zoom-**

**Tuesday, January 26th – April 13th 9:00 – 11:00 am**

**Facilitator: Mariana Patino & Jackeline Lopez**

*The program is experiential which means you learn by doing – and it’s fun. Through a combination of hands-on activities and guided discussions, you will develop knowledge and skills that support you as a parent and role model. By reflecting on your own childhood, you will be able to choose what kind of parent you want to be and create your own style of parenting – one that reflects your personal vision and values.*

**Parenting in America – Criando Hijos en América (Spanish) - Via Zoom**

**Wednesday, January 27th – April 14th 9:00 – 11:00 am**

**Facilitator: Liliana Patino & Jackeline Lopez**

*In Parenting in America, we encourage parents to honor their cultural heritage while also helping them to develop new culturally responsive practices and strategies. Parents graduate from the program feeling empowered to face immigration challenges that affect them as individuals and as parents, recognizing that perseverance is key to their success.*

*En Parenting in America alentamos a los padres a honrar su herencia cultural mientras también los ayudamos a desarrollar nuevas practicas y estrategias culturalmente apropiadas. Los padres se gradúan del programa sintiéndose empoderados para enfrentar los desafíos de inmigración que los afectan como individuos y como padres, conociendo que la perseverancia es clave para su éxito.*

**Parenting Journey 1 (Spanish) – Via Zoom-**

**Thursdays, January 28th – April 15th 9:00 – 11:00 am**

**Facilitator: Elvia Gonzalez & Jackeline Lopez**

*El programa es experiencial, lo que significa que aprende “haciendo” lo cual lo hace divertido. Mediante una combinación de actividades prácticas y discusiones guiadas, desarrollará conocimientos y habilidades que le apoyarán como padre/madre y modelo a seguir. Al reflexionar sobre su propia niñez, usted será capaz de elegir qué tipo de padre/madre quiere ser y crear su propio estilo de crianza de sus hijos, uno que refleja sus valores y visión personal.*

**For additional information or to register for classes please**

**call – email 781.581.4750 –** **FRC@Eliotchs.org**

**Space is limited, call now!!!**