

Family Paths, Inc.

Young Parent Education Program

FEATURING:

Nurturing Parenting *(an evidence-based curriculum)*

This 10-week series is designed to empower young parents including expectant young parents to make healthier choices, to build empathy and self-worth, learn positive ways to deal with stress and anger and alternatives to spanking, develop positive parent-child attachment and to be positive role models for their children.

To qualify for these classes participants must be parents or expectant parents **25 and under who are or were** involved in the juvenile justice system **and/or** who are considered ***crossover youth** within the child welfare system. ** involved in both the juvenile justice (ex. probation) and child welfare systems (ex. foster care)*

Dates: (Thursdays) 2/23, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27

Location: Online via Zoom Meetings

Hours: 6:00 – 8:00 pm

Certified Facilitator: Juli Rositas, MPA, MEd, NPP

**To Register please call our Parenting Stress
Helpline @ 1-800-829-3777**

For more information please contact Juli Rositas, Parent Education Program Manager @ (510) 380-1734 or jrositas@familypaths.org

**\$500 gift card for completing the classes
& parent coaching sessions**



Topics include:

1. The Philosophy and Practices of Nurturing Parenting
2. Ages and Stages: Infants and Toddlers
3. Brain Development in Children and Teens
4. Communicating with Respect
5. Building Self-Worth
6. Understanding Feelings
7. Understanding Morals, Values and Family Rules
8. Praising Children and their Behavior
9. Alternatives to Spanking
10. Learning Positive ways to Dealing with Stress and Anger



Incentives:

- One-on-one parent coaching
- Links to community resources
- Certificate of Completion
- \$500 gift card for completing all the classes & coaching sessions.