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. ***Priority is Alameda Co. residents. Other counties will be considered on a case-by-case basis, please call (510) 380-1734 to inquire.***

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) 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14 *(no class on 11/23, Thanksgiving)*

Location: Online vía Zoom Meetings

Hours: 1:30 – 3:30 pm *(afternoon class)*

Certified Facilitator: Michael Lewis, CPDPE, 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 at
jrositas@familypaths.org

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

TOPICS

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!

Incentives:

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