

Parenting isn't a practice. It's a daily learning experience.

Who is this for?

Caregivers who
want to:

- **Increase their confidence.**
- **Gain new skills and learn new strategies.**
- **Develop a support network.**

For more information,
please call
(914) 995-5238
or email
info@famtieswest.org

A “light touch” evidence-informed class designed to help caregivers think about their approach to parenting, and develop new strategies to enhance their family’s well-being, as well as their sense of parenting self-confidence. This class meets for 5 sessions and provides an overview of the following topics:

- ♥ Parenting roles and responsibilities.
- ♥ Identifying goals for change.
- ♥ Discipline vs. Punishment.
- ♥ Descriptive Praise for Improved Family Interactions.
- ♥ Effective Communication.
- ♥ Identifying Stressors and Practicing Self-Care.

ALL FAMILY TIES SERVICES ARE FREE AND CONFIDENTIAL

If it has been recommended that you take a parenting class, please confirm with the referral source that the class you choose to attend will meet your needs.



BUILDING FAMILY RESILIENCE

SUMMER SCHEDULE

Before signing up for a class, participants must first attend an orientation. Providers, please use this [form](#) to make a referral. If you are self-referring, please use this [form](#).

ORIENTATION

Date	Time
7/13/22	10AM-12PM
7/27/22	6PM-8PM

BUILDING FAMILY RESILIENCE

10AM-11:30AM

- 7/18/22
- 7/20/22
- 7/25/22
- 7/27/22
- 8/01/22

6PM-7:30PM

- 8/09/22
- 8/11/22
- 8/16/22
- 8/18/22
- 8/23/22

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