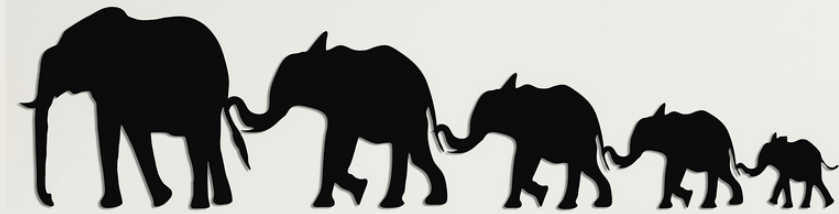


PARENTING JOURNEY I

PROGRAM WITH CANDY MANTILLA



REGISTER TODAY!

Parenting Journey is open to everyone. No matter where you are from, no matter what your background, we welcome you at Parenting Journey. We work with mothers, fathers, and caregivers from all walks of life who are raising children of all ages.

In Parenting Journey I, a small group of parents and caregivers meet for 2 hours a week for 12 weeks. The program includes activities, discussions, snacks and drinks, and complimentary childcare.

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 JOURNEY I

Offered in English and Spanish
Virtual or In-person options available
Cost: **FREE** to all!

CONTACT ME

Call or text: 718-207-4026
Email: Cmantilla@innovatingjustice.org
or Cmantilla@nycourts.gov

WHAT'S IN IT FOR YOU

- In a supportive setting, we will work with you to uncover your inner strengths and help you achieve your goals.
- Identify your strengths and increase your resiliency.
- Learn to tackle everyday stressors and challenging situations.
- Build community and increase your support network.
- Become more confident and optimistic about achieving personal goals.
- Increase your ability to nurture yourself and your children.
- Build greater trust, empathy, and honesty.
- Learn about local resources available to you.
- Certificate of completion.

LIST OF SOME OF THE SKILLS/PRACTICES BUILT INTO THE PARENTING JOURNEY I CURRICULUM

Hope and Optimism

Strength-based

Self-care

Goals setting

Brainstorming and Problem Solving

Insight About One's Own Upbringing and its Impact on Present Parenting

Practices

Self-Efficacy

Self-Nurturing Ability

Self-Awareness and Self-Identity

Social Networks

Mindfulness

Trust building and Setting Boundaries

Journaling

Communication practices like:

- Reflective Listening is listening without judgment and repeating exactly what we've heard. Normally our instinct would be to comment, give an opinion or advice on what we've just heard. We ask that you try this skill, refraining from these temptations."
- Feedback options (list included below)
- Creating the

Developing and experiencing empathy

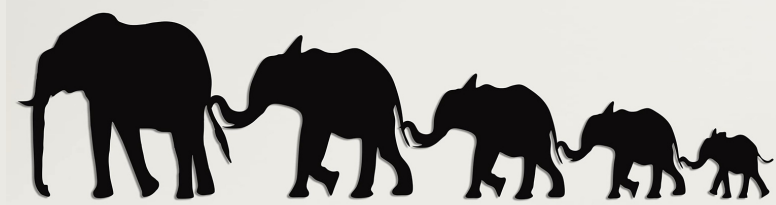
Developing new and healthier habits

Feedback Options:

- Caring and supportive comments
- Sharing relevant experiences from their own life
- Asking questions
- raising courage
- No response

PARENTING JOURNEY I

PROGRAMA CON CANDY MANTILLA



¡REGÍSTRESE HOY!

Parenting Journey está abierto a todos. No importa de dónde eres, no importa cuál sea tu origen, eres bienvenido a Parenting Journey. Trabajamos con madres, padres y cuidadores de todos los caminos de la vida que crían niños de todas las edades.

En Parenting Journey I, un pequeño grupo de padres y cuidadores se reúnen durante 2 horas a la semana durante 12 semanas. El programa incluye actividades, debates, refrigerios y bebidas, y cuidado de niños de cortesía.

El programa es experiencial, lo que significa que se aprende haciendo actividades y es divertido. A través de una combinación de actividades prácticas y debates guiados, desarrollará conocimientos y habilidades que lo apoyarán como padre y modelo a seguir. Al reflexionar sobre su propia infancia, podrá elegir qué tipo de padre quiere ser y crear su propio estilo de crianza, uno que refleje su visión y sus valores personales.

PARENTING JOURNEY I

Ofrecido en inglés y español.
Opciones virtuales o presenciales disponibles
Costo: ¡**GRATIS** para todos!

CONTÁCTAME

Llama o texto: 718-207-4026

Correo electrónico:

Cmantilla@innovatingjustice.org

o Cmantilla@nycourts.gov

¿QUÉ PUEDES ADQUIRIR?

- En un espacio de apoyo, trabajaremos con usted para descubrir sus fortalezas y ayudarlo a alcanzar sus objetivos.
- Identifique sus fortalezas y aumente su resiliencia.
- Aprenda a abordar los factores estresantes cotidianos y las situaciones desafiantes.
- Construya una comunidad y aumente su red de apoyo.
- Vuélvete más seguro y optimista sobre el logro de tus objetivos personales.
- Aumente su capacidad de cuidarse a sí mismo y a sus hijos.
- Genere mayor confianza, empatía y honestidad.
- Conozca los recursos locales disponibles para usted.
- Certificado de finalización.