

VIRTUAL *Parenting* JOURNEY

Building Stronger Communities, One Family at a Time

TUESDAYS 12:00PM - 2:00PM ON ZOOM
NEXT SESSION STARTS MAY 16TH

Over the course of 12 weeks we will help you to become more confident in your parenting style & learn tools to create your own parenting identity.

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

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.
- Increase your ability to nurture yourself and your children.
- Build greater trust, empathy, and honesty!

REGISTRATION & INTAKE REQUIRED
CALL TO ENROLL 413.475.1555