

Parenting Journey I



Worcester Recovery Center and Hospital (WRCH) is providing the Parenting Journey I experience which helps parents become **more confident** in their parenting style, **more hopeful and optimistic** about their future, and **more understanding** about what it means to be a good parent.

The Parenting Journey I curricula is designed to help parents increase their self care practices, raise awareness of the past and present factors that utilize their strengths to support their children, and build nurturing family relationships. The Parenting Journey model focuses on adult development and the emotional understanding of what it means to be a parent, thus filling a void created by traditional parenting classes that often focus on child development and disciplinary techniques.

Graduates of the Parenting Journey I will:

- Increase their ability to nurture** themselves and their children;
- Increase their capacity to empathize and forgive;
- Be more confident** in achieving their own personal goals;
- Expand their understanding of what it means to be a good parent;
- Be better able to find and utilize community resources;
- Gain insight** into the connections between their parents' behavior and their own behavior as parents.

WRCH has a mission is to create safer, more resilient families by supporting them in the development of inner strengths, life skills, and network of resources they need to succeed. Our approach is based on the family systems principal: that people do not exist in isolation. They live in families (however defined) and gain important strengths from these relationships. Through recognizing and harnessing families' strengths, our programs create changes that benefit all members, both individually and as a family.

For More Information or to Register: Call 508.368.3518

Email: deborah.saper@massmail.state.ma.us

