

Parenting Journey I



Supporting parents in understanding how their upbringing affects their parenting choices and behaviors.



May 12th - June 28th

Parenting Journey is an evidence-based, strengths-focused parenting program designed to help parents and caregivers build resilience, deepen self-awareness, and strengthen family relationships.

This course uses a trauma-informed approach, helping participants identify and amplify their existing strengths while reflecting on how past experiences influence current parenting.

Virtual
12-week course
Tuesdays, 12pm-1:30pm

Register:
508-796-1411
yiwfrcyouinc@sevenhills.org

