



TREE OF LIFE BEHAVIORAL HEALTH SERVICES

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Parents Universal Institute

Parenting

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Parents

Café

Program

Parenting is one of the most challenging yet rewarding journeys in life. To support parents in their role, we will be providing **Parenting classes** including **Parents Café** programs. These initiatives provide education, skills, and community support to help parents navigate the complexities of raising children.

Benefits of Parenting Classes:

Enhanced Parenting Skills – Classes teach effective discipline techniques, communication strategies, and emotional regulation skills. **Understanding Child Development** – Parents learn about age-appropriate behaviors, developmental milestones, and how to support their child's growth. **Building Healthy Relationships** – Focus on strengthening parent-child bonding and improving family dynamics. **Managing Challenging Behaviors** – Provides tools for handling tantrums, defiance, and other behavioral concerns. **Self-Care for Parents** – Encourages stress management and emotional well-being for caregivers.

Types of Parenting Classes: General Parenting Education:

Covers broad topics such as communication, discipline, and development. **Trauma-Informed Parenting:** Supports caregivers raising children who have experienced adversity's-**Parenting Classes:** Helps separated or divorced parents effectively co-parent. **Substance Use and Parenting:** Assists parents in recovery in rebuilding healthy family relationships. **Teen Parenting Programs:** Guides young parents in developing strong parenting skills.

Parents Café: A Safe Space for Conversation and Support

Parents Café will be a peer-led initiative that provides a supportive and welcoming space for parents to share experiences, learn from each other, and build community connections.

The key features of Parents Café Program will include :

Peer Support – Parents share stories, challenges, and successes in a non-judgmental environment. **Guided Discussions** – Facilitators lead conversations around key parenting topics, including stress, relationships, and child development. **Strength-Based Approach** – Focuses on empowering parents and reinforcing their existing strengths. **Community Engagement** – Connects families to local resources and services. **Self-Reflection & Growth** – Encourages parents to reflect on their experiences and explore new parenting strategies.

Parents Café Program will/can: **Reduce isolation** by creating a sense of belonging and connection. **Encourages open dialogue** about parenting challenges and successes. **Provides practical**