



## Your parenting success is our mission.

Tailored to families with children aged 0-18, SPF is a group-based educational program led by certified parent and family educators that equips parents with practical tools, strategies, and support, empowering them to navigate parenthood with confidence and creativity, while nurturing healthy, enriching family dynamics.

### PROGRAM HIGHLIGHTS

- ★ **Parent Development**  
Learn about parenting roles and stages, nurturing self-improvement for holistic family well-being, & balancing child and parent needs.
- ★ **Parent-Child Relationships**  
Delve into attachment, autonomy, modeling, and relationship dynamics for intentional, nurturing parenting.
- ★ **Childhood / Youth Development**  
Explore the full developmental spectrum, including social, emotional, cognitive, Literacy, physical, and spiritual facets.
- ★ **Family Development**  
Learn how to build a resilient family structure, embracing traditions, values, relationships and communication for holistic well-being.
- ★ **Community and Culture**  
Explore diverse social influences, how to leverage family and community resources, and how to model acceptance, advocacy and productive citizenship.


### SPF CLASS SCHEDULE

 Fall Semester:  
Oct.. – Dec. 2023

 Class Choice Based  
on Child Age(s)

 Weekly 60-75 Min.  
Sessions



 Virtual and  
In-Person Settings

 Affordable Sliding Fees

[\*\*REGISTER HERE\*\*](#)

