



CHILDREN'S AID  
AND FAMILY SERVICES, INC

The Center for Alcohol and Drug Resources

## **Children's Aid and Family Services**

### **CAFS 12-Week EPIC Parenting Education and Support Groups: Spring 2016: April - June**

- Session #1: Characteristics of an Effective Parent
- Session #2: Building a Healthy Self-Esteem in Children
- Session #3: Shaking, Hitting, Spanking: What to do Instead
- Session #4: Structure and Limits: How to Make a Rule That Works
- Session #5: Listening and Responding to Children
- Session #6: Knowing Ourselves as Parents
- Session #7: Sexuality Education Begins at Home
- Session #8: Promoting a Peaceful Environment at Home
- Session #9: Substance Abuse Prevention
- Session #10: Coping With Daily Problems: Stress Management
- Session #11: Helping Children to Resolve Their Conflicts
- Session #12: Building Bridges Between Parent and Child

We are pleased to inform you of the next 12-Week EPIC Parenting Education and Support Groups offered by Children's Aid and Family Services.

- 1) Wednesday afternoons 12:15-2:15 p.m.  
EPIC group, starting April 6, 2016  
YMCA of Greater Bergen County  
360 Main Street, Hackensack, NJ
- 2) Wednesday evenings 7:00-9:00 p.m.  
EPIC group, starting April 6, 2016  
YMCA of Greater Bergen County  
360 Main Street, Hackensack, NJ
- 3) Thursday evenings 7:00-9:00 p.m.  
EPIC group, starting April 7, 2016  
22-08 Route 208 South, Fair Lawn, NJ

Thank you for considering parenting education as one component of permanency planning for the children you serve. Please be sure to use an electronic referral form available through your RDS.

The EPIC Parenting Program: Serving families in since 1997

Please contact Lannie Jaconia, CSSW, Program Coordinator at (201)-740-7110  
[ljaconia@cafnsj.org](mailto:ljaconia@cafnsj.org)



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## 12-Week **EPIC** Parenting Education and Support Groups

**Session #1:** “Characteristics of an Effective, Loving Parent”: Parents discuss the many responsibilities of parenthood; begin to build confidence in what they are doing well; and identify areas in which they hope to improve.

**Session #2:** “Building a Healthy Self-Esteem in Our Children and Ourselves”: Group becomes familiar with the self-esteem concept of “IALAC”, “I am lovable and capable”. Parents learn which of their actions and statements build children up and which of their actions and statements damage their child’s self-image. Parents also set goals for improving their own self-esteem.

**Session #3:** “Structure, Limits, and Boundaries: How to Make a Rule That Works”: Participants begin to understand that a workable rule must be reasonable, enforceable, clearly communicated, and consistent. Parents role-play discussing the implementation of a new rule with their child.

**Session #4:** “Shaking, Hitting, Spanking: What to do Instead”: Parents discuss triggers that might cause one to over-react, review highlights of normal child development, are encouraged to research child development as their children grow, and learn that many disagreeable behaviors are age-appropriate. Positive parental responses to negative behaviors are explored.

**Session #5:** “Listening and Responding to Children”: Communication skills are practiced and better understood, including the effects of body language and tone of voice. Parents learn the listening skill of mirroring, validating, and empathizing.

**Session #6:** “Knowing Ourselves as Parents: Where We’ve Been and Where We’re Going”: Group members reflect on their special gifts before sharing their personal histories and particular reasons for attending the group. Goals for the future are then set by each group member.

**Session #7:** “Sexuality Education Begins at Home”: Parents begin to understand that children begin to learn about caring, relationships, and their own bodies from the day they are born. Parents see that they can acquire all the knowledge they need in their role as primary sex educator.

**Session #8:** Substance Abuse Prevention: Parents discuss their own experiences with drugs and alcohol; learn how to guide their children toward healthy choices; how to identify signs and symptoms of substance abuse, and how to talk to their children about alcohol and other drugs.

**Session #9:** “Promoting a Peaceful Environment at Home”: Verbal abuse is explored. Through the use of “I” messages” and role-play, parents learn how to communicate their feelings and deliver a formal reprimand to a child in a caring way.

**Session #10:** “Coping with Daily Problems: Stress Management”: Parents identify stress triggers and where they experience that stress in their bodies. Effective coping, as opposed to becoming a victim of stress is examined. Several stress reduction techniques are practiced.

**Session #11:** “Helping Children to Resolve Their Conflicts”: Parents learn how and when to intervene in children’s squabbles. They learn a “Peace Process”; how to coach children through it; how to use it themselves; and that conflict, when resolved respectfully, is a vehicle for growth.

**Session #12:** “Building Bridges Between Parent and Child and to the Future”: Participants discuss their present confidence as parents and identify any need for continued help and support. They establish on-going plans for keeping a loving connection with their children.

**Contact: Lannie Jaconia**, Program Coordinator, EPIC Parenting Education and Support Program,  
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