

PEERS Family Development Center

151 Chaney Avenue
Jacksonville, NC 28540

910-333-9725

Katie LeMaire and Tondrea Leach
Parent Education Enhancement

Jan. - June 2022

Send referrals to Katie LeMaire.
Please fill out the referral in full.
Do not leave blank spaces. Please
Call Katie LeMaire @ 333-9725 If
you need help. Thank you.



PEERS is closed during the following Holidays:

- 1/17/22 – Martin Luther King Day
- 4/15/22 – Good Friday
- 5/30/22 – Memorial Day
- 6/17/22 - Juneteenth

CY 2022 Upcoming Classes and Session Dates

(The week of April 4, 2022 there will be limited classes due to Cherish the Child fundraiser)

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January 10 - March 14: Group Triple P (PPP) - Monday (9) 6pm-8pm.
(Phone Call Weeks on 2/21, 2/28, 3/7 – must participate on phone calls)
(Parents must have children in the home – not in out-of-home placement)

January 11 - February 8: Stress and Anger Management (SAM) - Tuesday (5) 6pm-8pm.

January 12 - May 11, 2022: *Substance Abuse Recovery Nurturing (SARN) - Wednesday (18) 6pm-8pm.
****Must have completed a treatment program**Please see description below****

January 13 - May 5: Early Childhood Nurturing (ECN) - Thursday (16) 6pm-8pm.

February 22 - March 22: Making Children Mind without Losing Yours (MCM) - Tuesday (5) 6pm-8pm.

March 21 - April 18: Crossroads to Parenting and Divorce (CPD) - Monday (5) 6pm-8pm.

March 29: Darkness to Light (D2L) - Tuesday (1) 6pm-8:30pm

April 12 - May 10: Making Children Mind without Losing Yours (MCM) - Tuesday (5) 6pm-8pm.

April 25: Resilience - Monday (1) 6pm-8pm.

May 2 - June 6: First Five Years (FFY) - Monday (5) 6pm-8pm.

May 12 - June 9: Active Parenting (AP) - Thursday (5) 6pm-8pm.

May 18 - June 15: Crossroads to Parenting and Divorce (CPD) - Wednesday (5) 6pm-8pm.

June 13: Darkness to Light (D2L) - Monday (1) 6pm-8:30pm.

June 16: Resilience - Tuesday (1) 6pm-8pm.

(Holidays during class sessions are built into the schedule)



CLASS DESCRIPTIONS:

Early Childhood Nurturing Program for Parents (0-4): This 16-week course teaches parents developmental expectations to apply disciplinary consequences that are age appropriate. Information on nurturing parenting techniques and behavior management are taught through video and group discussion. Encourages parents to learn parenting skills rather than depending on the belief that parenting is instinctual. **Children may be in or out of the home.**

The Incredible Years® (2-8): This 16-week course provides parents with guidelines not only to help prevent behavior problems from occurring but also with strategies to promote children’s social, emotional and academic competence. The Incredible Years® evidence-based programs for parents, teachers, and children *reduce challenging behaviors in children and increase their social emotional learning and self-control skills.* **Currently not available.**

Group Triple P (All ages): A broad-based parenting intervention delivered over nine weeks for parents of children who are interested in learning a variety of parenting skills. The program involves **six** (2 hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of child behavior problems, setting specific goals, and using strategies to promote child development, manage misbehavior and plan for high-risk situations. Then there are **three** (15 to 20 minute) individual telephone consultations to assist parents with independent problem solving while they are practicing the skills at home. The final session is in a group setting to review progress, discuss maintenance and generalization issues and complete final assessments. **(NEED To have children in your care)**

The First Five Years-(0-5): This five-week course is video based and helps parents learn how to protect and teach their children. It teaches 4 stages of child development and how to encourage learning during each stage. Non-violent discipline skills and rule settings at each level are discussed. This is the updated version of Parent! 1234.

Making Children Mind Without Losing Yours (4-18): This five-week program teaches parents about "reality discipline, an action-oriented way of holding kids accountable for their behavior." This discipline is based on unconditional love and the willingness to take the time and effort to enforce discipline. The seven principles discussed are: Establish a healthy authority over children, hold children accountable for their actions, let reality and life be the teachers, Use actions more than words. Words only go so far, Stick to your guns. Just don't shoot yourself in the foot, Relationships come before rules, Live by your values, Model the behavior you want to see in your children.

Active Parenting (5-12): This five-session program demonstrates non-violent discipline techniques and effective encouragement skill to parents of children ages 5-12. Topics include mutual respect, active communication skills, teaching responsibility and much more. Enhanced version of AP Now!

Active Parenting of Teens (12-18): This is a five-session discussion and video program that provides parents with the skills needed to use effective discipline, teach responsibility, and communicate with their children. **Currently not available. May consider special 1 on 1.**

Love Notes (12-18): This class is for adolescents. Its primary instruction is on healthy relationships. It covers many aspects of relationships healthy and unhealthy. It usually meets for 5 weeks for two hours.

Crossroads of Parenting and Divorce (5 steps to prevent divorce abuse): This five-week program teaches parents to shield their children from parental conflict, how their actions may harm their children. This will help parents to establish positive post-divorce co-parenting relationships. Parents will learn to guide their children through the process of recovery while establishing a positive, long-term relationship with the child’s other parent. This program is an extensive, informed and interactive resource examining the complex realities of parenting after divorce.

Darkness to Light (D2L): A 2.5-hour training utilizing a video, an interactive workbook and group discussion to address child sexual abuse and its impact on children. It includes survivor stories and commentary from experts in child sexual abuse, adult education, and law enforcement. It introduces 5 Steps that will empower you to be a stronger child advocate for the prevention of childhood sexual abuse and reinforces skills with discussion. Child or perpetrator interviews are not used, but rather affirmations from survivors about their healing. The video focuses on empowerment and healing and addresses primary and secondary prevention. **Will consider 1 on 1 for special circumstances.**

Stress and Anger Management: A 5-week program that has practical skills, reflections, and journaling to help parents understand where their anger and stress come from and how to keep them under control. Workbook has an area that allows planning discipline methods for expected misbehavior.

Resilience Screening- “Resilience: The Biology of Stress & the Science of Hope” As the documentary *Resilience* reveals, toxic stress can trigger hormones that wreak havoc on the brain. The video follows pioneering individuals who looked at the **ACEs** research and the emerging research on the behaviors of children.

<p>*D2L will now be offered in the evening. Special 1 on 1 class may be allowed in special circumstances. *Basic Baby Care is done upon request. *All ADA cases for 1 on 1 classes must be staffed with Katie LeMaire and Tondrea Leach before approval.</p>	<p style="text-align: center;">All referrals need to be emailed to: Katie_Lemaire@onslowcountync.gov Tondrea_Leach@onslowcountync.gov</p> <p>If you or a self-referral or other agency, you can email or call in your referral.</p>
<p>Parents of teenagers should be referred to Triple P or to MCM. PEERS must have at least 5 participants for a parenting class to take place.</p>	<p>All referral sources will receive a copy of the participants’ report card at the conclusion of the class.</p>

