

PARENTING EDUCATION PROGRAMS

COMMUNITY ACTION COMMISSION

Family Services Center
1514 Derry Street
Harrisburg PA 17104
Phone: 717-232-9757ext. 152
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Community Action Commission Family Center offers an effective and unique approach to improving family life. This exciting parenting workshop is called *Building Your Family*.

Building Your Family brings parents of children 0 to teenage years together over a 5-week period. At each session parents identify daily family problems and then learn communication skills for solving and preventing them. What kinds of workshops? To name a few: It's Your Life, Forces of Emotions, and What Do You Think about Parenting, Discipline, and Asking for Help.

The program's goal is to help parents take an important step toward making their families stronger and healthier. It also helps develop communication techniques that will reinforce cooperative, responsible, and clear communication techniques and skills from parent to children, and vice versa.

The CAC Family Center is excited about being able to lead this *Building Your Family* workshop. Each participant will receive a parent workbook, which includes activities and guide sheets reinforcing and expanding on skills and concepts from each of the 5 sessions.

DAUPHIN COUNTY DEPARTMENT OF DRUGS AND ALCOHOL SERVICES

717-255-2984

Offers programs for county residents to help parents raise drug-free children.

DAUPHIN COUNTY SOCIAL SERVICES FOR CHILDREN & YOUTH AGENCY:

717-780-7200

Offers information and services related to parenting.

UPPER DAUPHIN HUMAN SERVICES CENTER INFORMATION AND REFERRAL SERVICE

Elizabethville: 717-362-3321

Provides various information and referrals for services, including help on parenting skills and other matters, for Upper Dauphin residents.

HEMPFIELD BEHAVIORAL HEALTH, INC.

(BHR Services, MST, Healthy Families Dauphin County, Communities in Schools Collaboration)
2019 North Second Street, Harrisburg, PA 17102
717-221-8004

hbhservices@gmail.com

Hempfield Behavioral Health, Inc. is the leading provider of evidence-based behavioral health prevention and treatment services in central Pennsylvania. The mission of HBH is to take proven programs for the prevention or treatment of child abuse, delinquency, youth violence, school failure, and mental illness and implement them under actual community-based conditions. Specifically offering "The Incredible Years" a series of 20 weekly two-hour sessions evidence-based approach to focus on enhancing parenting skills, knowledge of child development, positive child behavior and parent-child relationships.

LIFE ESTEEM CENTER

1700 Mountain View Road
Harrisburg, PA 17110
717-608-2302

Contact: Rev. Nathaniel Gadsden or Mrs. Patricia Gadsden

Provides parenting classes on such topics as: setting limits for difficult children, effective discipline, blended families and how they work, "No" is a complete sentence, Fatherhood classes, anger management, effective communication and self-esteem building. Life Esteem also provides counseling, parenting coordinating, and life skills coaching all by appointment.

FAMILY SERVICES, DEFENSE DISTRIBUTION REGION EAST

New Cumberland: 717-770-6203

Provides social services, including parenting skills education and training, for active or retired military personnel or civilian military employees and their families.

PRESSLEY RIDGE

331 Bridge Street, Suite 200
New Cumberland, PA 17070
717-774-3673
717-774-3891 Fax

www.pressleyridge.org

Services: Counseling using a variety of therapeutic techniques by Masters Level Therapists for issues regarding parenthood, separation, individual adjustment, marital/couple, parent-child conflicts; family communication, grief and loss, problems of living/life stressors, school problems.

Area Served: Tri-County Region

Eligibility: Residents of Dauphin, Cumberland or Perry Counties

Fees: Sliding scale fee from \$20-\$100. FSP can also bill certain public and private coverage for counseling services.

Notes: Evening hours available. Outpatient mental health therapy and psychiatric services, plus counseling for individuals, families and groups.

Summary: Parent education in-home

Services: Center-based: Parents attend with their children ages birth to five years. Interactive program offers parent education through play and in a parent discussion group. Topics presented include behavior management, discipline, child development, health, safety. Special centers for military families at DDSP.

In-home: Parent educators visit families weekly in their home. Parent educators offer parenting education, support, guidance, positive role modeling for families, and connecting to resources within the community.

Area Served: Cumberland & Dauphin

Eligibility: Center-based: parents with children birth to 5 years; In-home: parents with children birth to 18 years with income below poverty level.

PARENT TO PARENT OF PENNSYLVANIA

6340 Flank Drive, Ste. 600, Harrisburg, PA 17112

717-540-4722 OR 800-986-4550

Summary: Mutual Support Groups; Parent Groups

Services: Matching: Match parents and family members of children and adults with special needs on a one-to-one basis according to condition or concerns. Support is generally provided by phone.

Support Groups: Help parents or family members locate support group that meet their needs.

Area Served: Pennsylvania

Eligibility: Support needs include but are not limited to: physical disabilities; developmental disabilities; special health care needs; behavioral/mental health concerns; foster care and adoption; educational issues.

Fees: None

(Formerly PARENTS ANONYMOUS OF CENTRAL PA):

FAMILY SUPPORT OF CENTRAL PENNSYLVANIA

3700 Vartan Way, Harrisburg, PA 17110

717-541-0828 OR 800-984-9923

Summary: Mutual Support Groups; Parenting Education; support and encouragement for parents of teenagers. Latino Parenting program is also available.

Mission Statement: prevents child abuse and builds family strength through support and educational programs for parents and children, teens and grandparents.

Services: Parenting support groups led by professionals providing encouragement, educational tips, appropriate discipline, and coping skills for parents who are overwhelmed. Free child care

Area Served: Tri-County Region

Eligibility: Any parent having trouble coping with teenagers, including step and single parents.

Fees: None

PINNACLE HEALTH PSYCHOLOGICAL ASSOCIATES

Brady Medical Arts Bldg., 5th Flr., 205 South Front Street, Harrisburg, PA 17104

717-231-8360

Summary: The MOM's therapy group can help look at how to deal with role adjustments in relationships with work and within family of offer problem solving solutions.

Fees: billable under insurance

RIEGLER, SHIENVOLD & ASSOCIATES

2151 Linglestown Road, Ste. 200, Harrisburg, PA 17110

717-540-1313

Summary: This six week group is designed to help separating or divorced parents better manage the difficult task of effectively parenting children from separate households. Also provide parents with techniques and strategies to keep their children out of the middle of parental problems and conflicts as well as understand their role in helping the children adjust to the new family structure.

Fees: \$250 per person. Insurance is not accepted.

SAMARA PARENTING PROGRAM: The Center for Individual and Family Growth

140 Clover Lane, Elizabethtown, PA 17022

717-367-9252

Summary: The Samara Intensive Parenting Program is specifically designed for parents who have experienced significant abuse, trauma and neglect. We meet with parents twice a week for eight weeks for a total of 16 sessions, each session lasting 3.5 hours. The sessions are designed to create changed parental attitudes, knowledge and behavior so that parents can more effectively parent their children.

In addition, Samara provides a School Matters Truancy Program for families whose children have exceeded PA State truancy laws in either unexcused absences or tardiness.

SOLAIS, INC.

312 South Front Street, Steelton, PA 17113

717-939-0519 OR 800-428-9781

Summary: This 12-week program is intended to teach parents currently residing together, separating or divorced the impact their circumstances have on their children so that they can determine ways in which they can be supportive to them. Participants will learn how to recognize symptoms of distress in children and ways to nurture them; they will learn to identify their own feelings and positive ways in which to manage them; and how to provide an understanding of the various stages of parenting and specific issues at each stage. Groups are open-ended, that is accepting new members on a weekly bases.

Fees: Sliding scale

THE ARC

2569 Walnut Street

Harrisburg, PA 17103

717-920-2727

www.ARCOFDC.org

The focus of the program is to provide services to individuals with developmental disabilities and educational programming to teach children that disabilities and differences are not defects.

TRI-COUNTY OPPORTUNITIES INDUSTRIALIZATION CENTER (OIC)

500 Maclay Street, Harrisburg, PA 17110

717-238-7318

Services: Provides training in the following areas: early childhood education; adult basic education and parent education. Also offers parent and time together, homebound instruction,

transportation, field trips and participation incentives to empower parents with knowledge, skills and behaviors that will lead to effective parenting.

Area Served: Central Pennsylvania

Eligibility: Dauphin or Cumberland County residents

Fees: None

UCP

United Cerebral Palsy

717-737-3477

1-800-998-4827

www.ucpcentralpa.org

Family Support Services is a family driven program for parents, siblings, and extended families of children with disabilities.