



Vision: All Children live in a world free of abuse and neglect.

Goals and Objectives: Saint Joseph Parenting Center's goal is to equip parents through education to change unhealthy parenting patterns and to foster healthy ones in an effort to decrease the incidence of child abuse and/or neglect. SJPC will provide these parents of children, from birth to age twelve, with the knowledge and tools to be more caring and productive people, parents and members of society.

Activities: SJPC's General Parenting Program (GPP) offers 28 different parenting classes in both English and Spanish. This program works on an open enrollment policy and welcomes both moms and dads. SJPC also has a DAD (Dads Are the Difference) Program which offers all fathers the GPP as well as the 24/7 Dad Program. The 24/7 Dad Program is an evidenced based program developed by the National Fatherhood Initiative. SJPC has also partnered with Inspirica, the largest provider of services to the homeless in lower Fairfield County, to offer an abbreviated version of our GPP in English in their Early Childhood Parenting Program (ECP). A light meal is served during each of our classes and on completion of a 2 hour class the client receives a free bag of groceries. After completing 10 classes the client is offered a choice of an incentive gift such as diapers/wipes, a series of age appropriate books for their child or a backpack full of fun activities for their child. Once a client successfully attends 20 classes, he/she has the opportunity to receive a larger incentive item (i.e. toddler bed, crib, stroller, desk, etc.). All clients are offered individual case management in both English and Spanish.

Philosophy: In order for the child to have a future, we must help provide a future for the parent.

Class Hours:

Monday: 10am-12pm (English)
Tuesday: 10am-12pm (Spanish)
Wednesday: 6pm-8pm (Spanish-English-24/7 Dad)
Tuesday, Wednesday and Thursday: 5:30-7:30pm (ECP at Inspirica)

Office Hours:

Monday - Friday: 10am-4pm
Wednesday: 10am-8pm

Staff:

Measi O'Rourke ~ Executive Director morourke@sjpcenter.org
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24/7 DAD PROGRAM
STRENGTHENING FAMILIES
ANGER MANAGEMENT
OVERCOMING STRESS
BUILDING RESILIENCE
PROMOTING HOPE
 RESOURCE CENTER
 SOCIAL CONNECTIONS
PARENTING CLASSES
SPANISH PROGRAM
 FOOD PANTRY HOT MEALS
ATTENDANCE INCENTIVES
 COMMUNITY NUTRITION
WELLNESS ASSISTANCE
WITH JUVENILE AND
FAMILY COURT ADVOCACY



Educate the Parent. Protect the Child.

OFFICE HOURS:

- Monday: 10am-4pm
- Tuesday: 10am-4pm
- Wednesday: 10am-8pm
- Thursday: 10am-4pm
- Friday: 10am-4pm

CLASSES OFFERED:

- Monday: 10am-12pm (English)
- Tuesday: 10am-12pm (Spanish)
- Wednesday: 6pm-8pm (English/Spanish/24/7 Dad)

**Times subject to change*

OUR VALUES:

- We LOVE people first.
- All individuals deserve RESPECT.
- Our COMMITMENT to our mission is focused on the child.
- EMPOWERMENT is the key to our parents' success.
- Everyone needs a FAMILY.
- We LISTEN & RESPOND.

sjpcenter.org

Yerwood Center, 90 Fairfield Avenue
 Stamford, CT 06902
 203-588-1934



Strengthening families through parent education

Saint Joseph Parenting Center



Parenting can be the toughest job of all. You don't have to face it alone.

Saint Joseph Parenting Center

is here to help.

Contact us —
Visit us at www.sjpcenter.org
or call 203-588-1934

At Saint Joseph Parenting Center, we offer free parenting education and support.

Our families find SJPC to be a welcoming place, where they can learn to be better parents, build relationships with others, and seek out the resources they need.

We serve as a community resource center where you can learn the skills and tools you need to help you through the challenges of parenting and supporting your family.



General Parenting Program

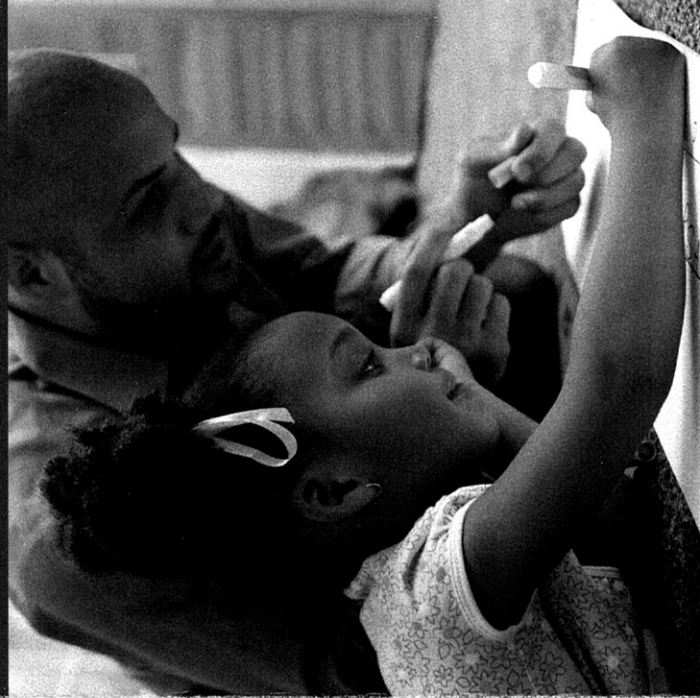
- Parenting classes for Moms and Dads
- Open enrollment (join classes at any time of the year)
- Classes offered mornings and evenings

Fatherhood Program

- 24/7 Dad program – 12-week fatherhood support group
- Focuses on the important role Dads play in their children's lives
- Wednesday evening classes

Our focus is helping you!

- Connections to community resources (employment programs, legal assistance, educational opportunities, counseling, and housing assistance)
- Hot meals served during all classes
- Free groceries
- Incentives for attendance, free gifts for your children



Classes offered in English & Spanish.



PROGRAMA 24/7 DAD
FORTALECIMIENTO DE FAMILIAS
MANEJO DE LA IRA
SUPERACIÓN DEL ESTRÉS
GENERACIÓN DE RESISTENCIA
IMPULSO DE LA ESPERANZA
CENTRO DE RECURSOS
CONEXIONES SOCIALES
CLASES DE CRIANZA
PROGRAMA DE ESPAÑOL
BANCO DE ALIMENTOS
COMIDAS CALIENTES
INCENTIVOS POR ASISTENCIA
BIENESTAR NUTRICIÓN
AYUDA
COMUNITARIO
CON TRIBUNAL DE
AYUDA
DEFENSA
DE MENORES Y FAMILIA



Educate the Parent. Protect the Child.

HORARIOS DE OFICINA:

- Lunes: 10 a. m. a 4 p. m.
- Martes: 10 a. m. a 4 p. m.
- Miércoles: 10 a. m. a 8 p. m.
- Jueves: 10 a. m. a 4 p. m.
- Viernes: 10 a. m. a 4 p. m.

CLASES QUE SE OFRECEN:

- Lunes: 10 a. m. a 12 p. m. (inglés)
- Martes: 10 a. m. a 12 p. m. (español)
- Miércoles: 6 p. m. a 8 p. m. (inglés/español/24/7 Dad)

**Los horarios quedan sujetos a cambios.*

NUESTROS VALORES:

Ante todo **AMAMOS** a las personas.
 Todas las personas merecen **RESPECTO**.
 Nuestro **COMPROMISO** con nuestra misión se centra en los niños.
 El **FORTALECIMIENTO** es la clave para el éxito de nuestros padres.
 Todos necesitamos una **FAMILIA**.
 Nosotros **ESCUCHAMOS Y RESPONDEMOS**.

www.sjpcenter.org

Yerwood Center, 90 Fairfield Avenue
 Stamford, CT 06902
 203-588-1934



Fortalecimiento de las familias mediante la educación para los padres

Saint Joseph Parenting Center



La crianza de los hijos puede ser el trabajo más duro de todos. No tiene que afrontarlo sin ayuda.

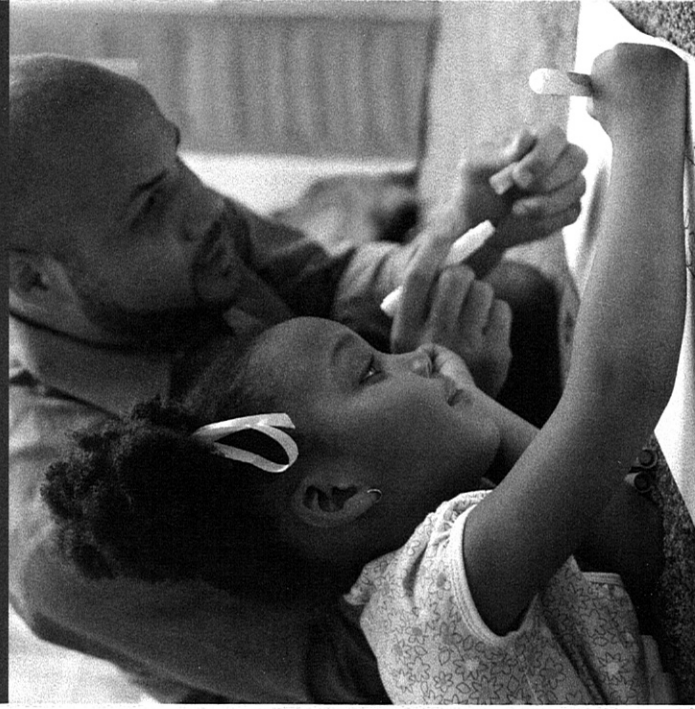
**Saint Joseph
Parenting Center**
está para ayudarle.

Comuníquese con nosotros:
Visite nuestro sitio web
www.sjpcenter.org
o llame al 203-588-1934

En Saint Joseph Parenting Center, ofrecemos apoyo y educación gratuitos para la crianza de los hijos.

Para nuestras familias, SJPC es un sitio acogedor, donde pueden aprender a ser mejores padres, crear una red de apoyo con otros y encontrar los recursos que necesitan.

Funcionamos como un centro de recursos comunitarios donde puede adquirir aptitudes y herramientas necesarias para superar los desafíos de la crianza de los hijos y apoyar a su familia.



Programa de crianza general

- Clases de crianza para mamás y papás
- Inscripción abierta (únase a las clases en cualquier momento del año)
- Clases que se ofrecen por la mañana y por la noche

Programa para papás

- Programa 24/7 Dad: grupo de apoyo para papás de 12 semanas
- Énfasis en el papel importante que cumplen los papás en la vida de sus hijos
- Clases los miércoles por la noche

¡Ponemos énfasis en ayudarlo!

- Conectamos con recursos comunitarios (programas de empleo, asistencia legal, oportunidades educativas, terapia y asistencia para el hogar)
- Comidas calientes en todas las clases
- Alimentos gratuitos
- Incentivos por asistencia, regalos gratuitos para sus hijos

Las clases se dictan en inglés y español.