

## Parenting Groups

Provides parenting group workshops and activities on various parenting topics, including:

- **Parenting Skills** – nurturing, child development and communication



- **Coping Skills** – personal problem solving, stress management
- **Life Skills Training** – home management, budgeting, nutrition and maintaining a safe and stable home environment

Service Area: Southern Worcester County

**Location:** Webster, Dudley, Southbridge

Funded by United Way

## After School Program



Belonging • Encouragement • Respect

**Project CHILL is a unique educational after school program** designed to help teens learn good communication skills, develop positive self-esteem, and gain a better understanding of one's self.

This program helps to give students positive options, valuable lessons and ways to express themselves. Students are engaged in individualized or group activities that support social skills, boundary issues and the tools and resources when faced with a challenging situation.

Dudley Boys & Girls Club



Funded by: United Way Webster-Dudley

The Catholic Charities Parent Aide Program inception was over 25 years ago. The Therapeutic Parent Aides provide assistance and resources to English and Spanish speaking families throughout the community. The program provides services to Worcester and the surrounding towns. This also includes the North Central region which includes Fitchburg and Leominster and several towns in the South Central region such as Webster, Southbridge, Dudley and many other towns.

### The Program offers:

**Home visitations, family support service and an awareness of community resources that will help families and children of all ages.**

- **Two Parenting Support groups –no charge**
- **After school educational program for teens. designed to help students learn good communication skills, develop positive self-esteem, and gain a better understanding of ways to cope with triggers of everyday situations that they encounter.**

**Introduces families to resources that Catholic Charities offers such as:**

- Food Pantry, Clothing Closet, Diaper program
- Holiday toys for children

**Community Resources such as:**

- Fuel Assistance-heating,
- PT1-Transportation for medical appointments
- RCAP-housing
- Applying for WIC –food for children
- Assistance with "SNAP"
- DTA-cash assistance– direct economical assistance
- Job search and educational resources

### For More information:

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## Therapeutic Parent Aide Program

*Building and strengthening families one step and one day at a time*



The Therapeutic Parent Aide Program provides a variety of social services to Department of Children and Families (DCF) referred families. The program is funded by DCF and is of no cost to the client. This is a voluntary service.



When a family is in crisis, the Catholic Charities Parent Aide Program is a short term service that works to restore positive functioning in families who would benefit from a variety of coordinated services that are Individualized to meet each family's specific needs.

We have a strong commitment to services that uplift the lives of children and families in the communities in which they live and provide each and every child the care, attention and support needed to set them on a path to success.

### Providing Services to the Worcester area and surrounding communities

Auburn, Boylston, Charlton, Dudley, East Brookfield, Fitchburg, Gardner, Grafton, Holden, Hopedale, Leominster, Lowell, North Brookfield, Oxford, Shrewsbury, Southbridge, Sturbridge, Ware, Warren, Webster, Winchendon, Worcester and several other surrounding towns.

### What is a Therapeutic Parent Aide?

A caring and committed professional trained to partner one on one with parents to identify weaknesses and build on strengths that support their efforts to be "the best parents they can be."

### Who Are Parent Aides?

Parent Aides are professionally trained individuals who become role models to parents. They understand the unique challenges of parenting and their goal is to help reinforce the parents' confidence. Parent Aides help the family to identify where improvement is needed and obtain assistance in improving strategies. The Parent Aide develops a relationship with the parent through home visitations. They work together to learn and understand the developmental needs of their children, while learning how to manage their home environment more effectively.



### What will the Parent Aide program do for families?

- ⇒ Provide the support and guidance the family needs.
- ⇒ Demonstrate positive role modeling.
- ⇒ Work closely with the family to develop parenting skills
- ⇒ Assist to find resources in the community and offer practical solutions for managing family life
- ⇒ Prepare and arrange supervised visits for family members and children when the need arises

### Improving Parenting skills for families

The Therapeutic Parent Aide will monitor the family's risk behaviors in areas such as nurturing of children, parent effectiveness, risk factors for child abuse and family stability risk factors.



Typically the Therapeutic Parent Aide works with the family and children for three to four months, but there are exceptions and extensions if need be. The Parent Aides work side by side with DCF workers. Client progress and resistance to the program is communicated each week.

The Therapeutic Parent Aide Program provides a variety of social services to DCF referred families. Many times these are families that are in crisis and in many instances most referrals involve:

- ⇒ **abuse and/or neglect,**
- ⇒ **domestic violence,**
- ⇒ **substance abuse**
- ⇒ **behavioral issues,**
- ⇒ **anger issues**

Any resources for family reunification is our goal. This program recognizes family challenges, the cycles of abuse and works to educate the parents about focusing on the goal to change.