



Eastern Health

MEMORANDUM

TO: Community Partners

FROM: Wendy Cranford, Social Worker, Mental Health Services
Gail Tucker, Social Worker, Mental Health Services

RE: Parenting Your Child

Community Mental Health Services, Eastern Health is pleased to offer Parenting Your Child. Parenting Your Child (PYC) is a group based psycho-educational parenting program developed by the Staff of the Janeway Family Centre. It was developed out of a recognized need to assist in parent skill development as a path to enhance parent-child relationships in the context of child development. Objectives of the program are to:

- 1) facilitate the understanding of child and family development;
- 2) encourage parent self-awareness and self-care;
- 3) nurture appropriate parent-child relationship; and
- 4) teach effective discipline and communication techniques.

The group is facilitated by two clinicians who have experience in mental health, child development issues and leading psycho-educational groups.

We are currently recruiting parents to participate in this program. Attached you will find a brochure to provide to interested parents. Our anticipated start date is Wednesday, April 18, 2012. The group will run weekly on Wednesdays from 6:00 pm to 8:00 pm for 8 weeks. The group will take place at the Taylor Building, Harbour Grace. **Our target is parents who have children 2 to 11 years old.** There are some exclusion criteria for PYC. In cases of severe psychiatric dysfunction, parent-child estrangement or history of abuse, individual therapy may be more appropriate.

To refer a family or should you have any questions about this program, please contact Wendy Cranford, Social Worker at 945-6505 or email wendy.cranford@easternhealth.ca or Gail Tucker, Social Worker at 945-6584 or email gail.tucker@easternhealth.ca

Ever feel like parenting a child feels like riding a roller coaster?

Parenting Your Child (PYC) is a group for parents/caregivers that will help you learn to steer that roller coaster in the right direction. More importantly, you'll learn how to build a better relationship with your child and feel better about yourself in the process (You might even learn to *enjoy* the bumpy ride!).

If this group sounds like it might be right for you please consider joining us at PYC. This group consists of eight weekly 2 hour group sessions led by 2 social workers from Mental Health Services. The *real* experts however are the parents. In this group you will get a chance to connect with other caregivers and learn from each other. You don't have to talk, you can just listen. We hope to provide a supportive and relaxed environment for parents of children ages 2-11.

For more information please contact either Wendy Cranford at 945-6505 or Gail Tucker at 945-6584.