

Fall 2025

STARS

PARENTING GROUP



We are thrilled to introduce a parenting group aimed at educating and supporting parents in addressing the challenges of raising children. Utilizing the unique STARS parenting framework, the program focuses on self-regulation, building connections with children, managing emotions, effective problem-solving, and setting consistent limits. This interactive program encourages self-reflection among participants.

Throughout this program you will learn:

- The STARS parenting framework as a model for approaching your relationship with your child
- An awareness of your own experiences, emotions, and thoughts that impact your parenting style
- Specific skills and how to apply them when addressing common and difficult parenting issues
- An approach and skills that help you support mental health difficulties with children and youth



The STARS parenting approach and skills are applicable for working with children and youth:

- With various neurodiversities such as Autism, ADHD and Learning Disabilities
- Children and youth who have anxiety, depression, and behavioral challenges
- Children from preschool to high school age



Dates: Wednesdays, Oct 15 - Dec 11 (10 weeks)

Time: 12:00-1:00pm

Delivery: Zoom Telehealth

Registration fee covers for a maximum of 2 "parents" from a household/family unit

"Parents" is used to include any person who is acting in a primary caregiving role to a child or youth. We recognize that families come in many types, and we value all types and structures including but not limited to lgbtq+, blended, multi-parent, guardians, grandparents, etc.



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For more information and to register,
please visit www.drfoountain.ca/groups

Steps to Follow for Application Process



1.

Click on the "application" link on our website

2.

Book a phone call in the schedule provided

3.

Complete and submit the online application forms **before** your phone call

4.

Speak with our group program director about your application

5.

If approved, you will receive a confirmation email outlining next steps and payment options

