

Spring/Summer 2024

STARS

PARENTING GROUP



We are excited to offer a parenting group to educate and support parents in navigating the many challenges of raising children and youth. This program is designed on a unique STARS parenting framework, focusing on how to regulate yourself as a parent, approach and build connections with your child, deescalate big emotions, problem solve effectively and set consistent and appropriate limits. This is an interactive group program that involves a level of self reflection.

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 are applicable to supporting 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
- With children and youth who have mental health difficulties such as anxiety, depression, and behavioural challenges
- With children from preschool to high school age



Dates: Wednesday, June 19th - August 7th, 2024 (8 weeks)

Time: 7:00-8:30pm

Delivery: Zoom Telehealth

Cost: \$100 per session (\$800 total) - 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.

For more information and to register, please visit
www.drffountain.ca/clubhouse



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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

