



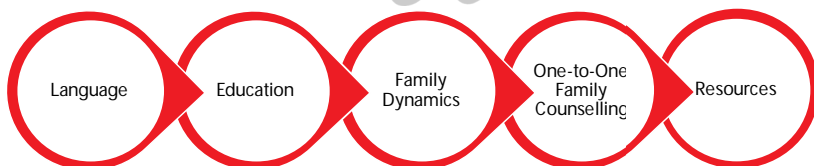
Parenting Program

The aim of this program is to improve overall family relationships through improved child-raising practices, resulting in better parenting.

Punjabi Community Health Services follows a holistic, culturally appropriate approach and strength-based approach to stabilize and empower the lives of our clients and their families to help lead a life of respect and dignity as a contributing member of society. The strength-based approach incorporates child development and the understanding of South-Asian family dynamics.

Why us?

1. We work to sustain families within the cultural context.
2. We develop a case plan which incorporates the whole family.
3. We meet the client at the time and setting ideal for them.



Course Outline:

1. Introductory Session and Parental Responsibilities
2. Parental Realignment and Building Blocks of Parents
3. Communication
4. Problem Solving
5. Positive Discipline
6. Healthy Relationships

**6-week
Psychoeducational Program
using Integrative Holistic
Service Delivery Model**

This program is free of charge and offers:

- ÿ Collaboration with other agencies;
- ÿ Ongoing support;
- ÿ Interactive activities;
- ÿ Scenarios; and
- ÿ Video resources

For more information, please contact us:

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PCHS CALGARY

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