

Why Come to Raising Families?

Helping to improve relationships, communication, and behaviours is what we are all about. Let's face it, your child did not come with a manual.

By coming to Raising Families you will be making a commitment to your family. You will be showing that you want things to be different, and that you are involved in your child(ren)'s life.

As staff of the Janeway Family Centre, we believe that building your dream home starts with a solid foundation and a variety of parenting tools, and that's what Raising Families will offer you.

So come talk with us, watch some videos, hear some great ideas, and have lots of fun figuring out this parenting project together.

If you are interested, please call:

Central Intake

Tel: 777-2200



September 2014

Building Your Dream Home

Want more tools to strengthen your family's foundation?



Come to:

Raising Families



A group for parents
Janeway Family Centre

What is Raising Families?

Raising Families is a skill-based supportive group program for parents and caregivers of children aged 2-12 years. You'll learn ways to help strengthen your family's foundation, how to improve communication, and how to get along better with your children. Would you like your children to listen, co-operate, and have better behaviour? Are there things about your children's behaviour or your parenting that you would like to be different? If so, then this is the group for you. We cover the following topics:

Week 1: Introduction to Raising Families

Week 2: Understanding Your Families – Past, Present, and Future

Week 3: Healthy Parent-Child Relationships

Week 4: Understanding Your Child: Ages & Stages

Week 5: Talking, Listening, and the Feelings in the Middle

Week 6: Relationship Building and Self-Esteem

Week 7: Using Praise and Positive Attention to Increase Behaviours You Like ("The Good")

Week 8: Testing and Manipulation – Your Child's Tool Box

Week 9: Developing Responsibility in Your Child and Decreasing Behaviours You Don't Like ("The Bad")

Week 10: Being Firm to Decrease Intolerable Behaviours ("The Ugly")

Week 11: Encouraging Good Behaviour

Week 12: Tying it All Together & Wrapping Up

Please note, you must have liberal and unsupervised access to your children in order to practice the skills covered each week in group.

What is Raising Families Like?

Raising Families groups are led by 2 - 3 therapists (social workers and/or psychologists) with expertise in child development and mental health issues. But the *real* experts are the parents! In groups of 10-15 parents/caregivers, you'll get a chance to share and learn from each other.

This group is not a boring class lecture! We'll watch videos, try fun activities, and discuss topics. You don't have to talk, you can just listen. Our goal is to provide a relaxed setting for parents.