

## Why come to PYC?

Let's face it, it's tough to be a parent these days, and kids don't come with a manual! This group is all about giving you some extra tools for your parenting toolbox.

Research shows that parenting groups are one of the most effective ways to promote better behaviour in children.<sup>1</sup> Several studies have also shown benefits for group participants such as increased confidence, improved family relationships and reduced depression and anxiety.<sup>2</sup>

As staff of the Janeway Family Centre, we believe PYC is the most powerful intervention we provide. Better yet, it's free, fun and we offer several groups per year.

Give it a try! Come learn and have fun in a friendly, welcoming environment.

If you are interested, please call:



Central Intake  
Tel: 777-2200

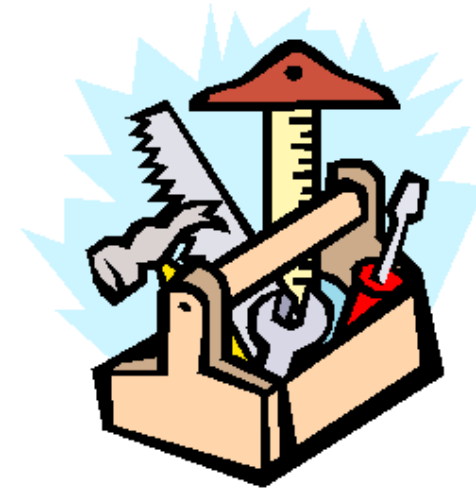


<sup>1</sup> Barlow J., & Stewart-Brown S.L. (2000). Review article: behavior problems and parent-training programs. *Journal of Developmental and Behavioral Pediatrics*, 21(5), 356-370.

<sup>2</sup> Barlow J., & Coren, E. (2001). Review: group-based parent training programmes lead to short-term improvements in maternal psychosocial health. *Evidence-based Nursing*, 4(3), 81.

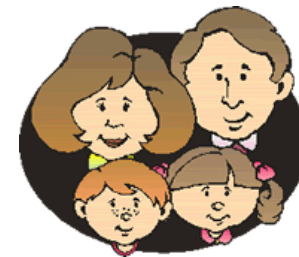
Want more tools in your

## Parenting Toolbox?



Come to

**P**arenting  
**Y**oung  
**C**hildren



*A group for parents offered by the  
Janeway Family Centre*

June 2019 Revision

## ***What is Parenting Young Children (PYC)?***

PYC is a group-based skill-building program for parents and caregivers of children aged 2 to 12. You will develop tools that help promote better behaviour in children. More importantly, you'll learn how to build a more positive relationship with your kids and feel better about yourself in the process. Here's a brief outline:

*Week 1:* Introduction and the Importance of Parents

*Week 2:* Understanding Your Child- Development and Temperament

*Week 3:* Let's Talk About It! - The Importance of Communication

*Week 4:* The "Good" Behaviours: Increasing the Behaviours You Like and Want to See More

*Week 5:* The "Bad" and "Ugly" Behaviours: Decreasing Behaviours You Dislike or Find Intolerable

*Week 6:* Putting it All Together and Building on Solid Ground

## ***What is PYC like?***

PYC groups are led by two or three therapists (i.e., 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 to 20 parents / caregivers, you'll have an opportunity to share experiences and learn from each other.

This group is not a boring class lecture! We'll watch videos, try fun activities, and discuss topics as a group.

You don't have to talk. You can just listen. Our goal is to provide a supportive and relaxed environment for parents.

## ***Who should come to PYC?***

PYC is for any parent or caregiver who wants to promote better behaviour in his or her children and build positive relationships with them.

