**Family Resource Centre | Programming Schedule**

**January – July 2023**

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| Programme | Description | Dates & Times | Target Audience | Outcome |
| SNAP® | SNAP® stands for STOP NOW AND PLAN.  It is a proven model that teaches children struggling with behavioural problems and their parents how to make better choices “in the moment”. SNAP® helps children and their parents learn how to effectively manage their emotions and “keep problems small” | *Dates:*  ***Cohort 10***  *Thursdays, January 12th – March 30th*  ***Cohort 11***  *Thursdays, April 13th – June 29th*  *Duration*:  13 weeks  *Time:*  5:30-7:30pm  Boys Group  Between the ages of 6-11  *Group Size:* limited to 7 families | SNAP® is a gender specific group.  Boys or girls between the ages of 6-11 experiencing serious behavioural problems at home, at school, with persons in authority, and in the community.  *Level: Prevention-Intervention* | In this programme parents will:   * Learn effective child management and SNAP® strategies. * Form connections with other parents facing similar challenges   Children will:   * Learn to use SNAP® in different situations. * Learn to make better choices in the moment |
| Father’s First | Fathers first is a support group for fathers who wish to build positive relationships with their children. This includes communication, understanding developmental stages, bonding,  understanding and managing behavior. | *Mondays, January 9th for 10 consecutive weeks*  *Duration: 10 Sessions*  *Time: TBD*    *Group Size:* limited to 10-12 participants | The 10-week group sessions, designed to enhance and support the skills and behaviours of fathers living apart from their children.  The goal of this course is to enhance and support positive parenting by providing participants with the skills and tools for maintaining long-term relationships with their child or children.  *Level: Comprehensive* | In this programme parents will:   * Learn specific strategies for improving parent-child relationships * Learn how to manage behaviours and problem solve issues effectively * Be provided with strategies for promoting healthy communication and gain group support. |
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| Triple P® Standard (Group) | A broad-based parenting intervention delivered to up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of child behavior problems, setting specific goals, and using strategies to promote child development, manage misbehavior, and plan for high-risk situations. | *Date:*  *Tuesdays January 10th*  *Duration:* 8  Weeks (including five 2-hour sessions and three 30 minute individual phone consultations to assist with independent problem solving and skill building)  *Times:* 6:00-8:00pm | Parents or caregivers interested in promoting their child’s  development and potential or have concerns about  their child’s behavioral problems or simply wish to prevent behavior problems from developing.  Parents who have  completed lower level interventions and have not achieved their goals, may benefit from a Group Triple P  Intervention.  *Level: Prevention-Education* | Parents will learn:   * Key parenting strategies to a broad range of target behaviors. * Strategies for promoting and maintaining behavior change. |
| Triple P ® Transitions | Family Transitions Triple P is a cognitive-behavioral family intervention designed to be delivered to parents who are experiencing personal distress from separation or divorce, which is impacting on, or complicating, the task of parenting.  Sessions aim to assist families with a successful transition from a one to two home family. | *Date:*  *Tuesdays February 14th*  *Duration:* 8  Weeks (including five 2-hour sessions and three 30 minute individual phone consultations to assist with independent problem solving and skill building)  *Times:* 6:00-8:00pm | Designed for parents who have been or are going through separation and divorce where there are unresolved conflicts and difficulties communicating effectively with former partners. Parents may be concerned that the separation or divorce is upsetting their children or they may want to learn ways to talk to their children about it and teach them ways to cope. Standard Triple P (individual service) can be used to support parenting concerns after completion of Transitions.  *Level: Prevention- Education* | In this programme parents will:   * Learn specific strategies for improving personal coping skills and reducing parenting stress, anxiety and anger. * Learn specific strategies for reducing conflict between parents and improving communication. * Be provided with strategies for promoting work, family, and play balance, and gaining appropriate social support.   Learn to develop independent problem-solving skills. |
| Triple P Standard (Individual) | Standard Triple P provides parents with broadly focused parenting support and intervention on a one-to-one basis.  The programme supports parents who have concerns about their  child’s behavior or development across various settings (e.g.  disobedience in various settings, fighting and aggression,  refusing to stay in bed or eat healthy meals).  Parents  They learn a range of parenting. | By appointment;  *Duration:*  10 sessions; 1hour | Parents or caregivers who benefit from this type of intervention are parenting children up to 12 years of age exhibiting behavioural issues.    The programme is appropriate for parents of children with moderate to severe levels of behavioral problems.  *Level: Prevention-Intervention* | Parents accessing Triple P Standard Individual will:   * Identify the causes of child behavior problems and set * their own goals for change. * Learn core principles of positive parenting and behavior change. * Learn key parenting strategies to a broad range of target behaviors that promote positive behaviour for their child. |
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| Individual Parenting Sessions | Individualized parenting support service to help families address parenting issues and accomplish family goals, that aren’t addressed in the Triple P Standard Individual Service. | By appointment;  *Duration:*  1hour | Short term or long term intervention for parents of children of all ages.  *Level: Prevention-Intervention* | Parents accessing parent coaching will:   * Discover parenting strengths and tap into these for the identification and progression towards parenting goals. * Gain greater understanding of children’s individual differences and addressing their unique challenges. |
| Family Skills Session Webinars | Monthly independent sessions or series of interactive parenting sessions to empower individuals and families with new knowledge and parenting skills. | *Dates (the last Tuesday of each month)*  *Duration:* Once per month  *Time:* 6:00pm-7:30pm. | Brief intervention for parents who are generally coping well but have a few concerns with their child's behaviour or development.  It is available for parents of children from birth to 12 years and for parents of teenagers.  *Level: Prevention-Education* | Parenting sessions where parents will:   * Gain knowledge on positive parenting strategies to address parenting challenges. * Receive practical tips to take home. * Increase awareness of unhealthy parenting behaviors and its impact on children. |
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| Young Parent Services | Long-term comprehensive parenting education programme for young or expectant parents ages 13-25. | *Dates:*  *January 10, 2023- 4 April, 2023*  *Tuesdays & Wednesdays*    *13 Week Programme*  Occurs weekly based on Individual Service Plan (ISP) | Designed for young mothers and their families.  *Level: Comprehensive* | Young Parents in this programme will:   * Learn skills to build parent-child relationships * Gain insight for self-development * Receive support to build employability skills and opportunities. |
| A Young Man’s Guide to Self Mastery (Pilot) | Comprehensive trauma-informed, gender-responsive treatment programme for adolescent males, between the ages of 13 and 16. | *Dates:*  *Wednesdays January 18th*  *4:00-5:30*  *For 14 weeks*  *For boys ages 13-16 years* | 14 session programme is a trauma-informed, gender-responsive treatment program that addresses the impacts of socialization and adverse (traumatic) life experiences and how these contribute to impaired critical thinking, trouble in dealing with emotions, antisocial behavior, and substance misuse.  Level: Comprehensive | Participants will:   * Understand the effects of adversity and trauma in their lives * Supported to develop healthy senses of themselves, * Understand their emotions, increase their communication skills, * Better understand their sexual and gender identities, and build healthy relationships. |
| Positive Discipline Lunch & Learn Virtual Webinar | Positive Discipline is designed to support parents with key parenting skills for school-aged children that promote positive behaviours and healthy parent-child relationships | *Dates: Wed January 11th*  *12:00 – 1:00*  *For 8 Weeks*  *For parents of school-aged children* | 8 session virtual workshop to support parents understanding children’s behaviours, managing behaviours using positive parenting strategies, understanding the three main parenting styles, as well as empathy and relationship building techniques. | Participants will:   * Understand key positive parenting strategies * Better understand emotions and behaviours * Learn about the three main parenting styles and their function * Feel more confident to handle difficult behaviours |
| Legal Befrienders Service | Provides free legal advice on all types of legal matters, specializing on domestic violence, child custody and other family matters. | *Dates:*  Tuesdays: Walk- in Clinic  Tuesdays: Phone line (945-8869)  *Duration:* Dependent on presenting issue.  *Times*: 5:00-6:30pm | Members of the public in need of legal advice | * N/A |
| Domestic Violence Training Intervention Programme (DVITP) | Training programme offered to front line professionals who interface with victims of domestic violence and families. | *Dates:*  April 26th-28th  August 23rd -25th  (Cayman Brac)  Nov 29th – Dec 1st  *Duration:*3 Days  *Times:* 8:30am-5:00pm | Education training programme for front line professionals  Level: Education | In this training professionals will:   * Understand the underpinnings of domestic violence. * Understand the dynamics of domestic violence in the Cayman context. * Learn effective strategies to support victims and families impacted by domestic violence. |
| SNAP Camp | Introductory SNAP programme for children ages 6-11 experiencing difficulties with self -regulation. | *Dates: July 4th – 14th*  *Duration:* 2 weeks  *Times:* 8:00am-  3:00pm | Short- term intervention  Boys and girls ages 6-11  Prevention- Education | Campers will be introduced to the SNAP strategy to help manage their emotions and keep their problems small. |
| Parenting Children with Anxiety | Virtual workshop supporting parents understanding of anxiety and how to support children struggling with anxiety or displaying anxious behaviours | *Dates:*  *Tuesdays January 10th- 31st at 12-1pm Lunch time Virtual Workshop* | Short-term intervention  For parents  Prevention-Education | Participants will learn:   * What anxiety is and how to identify behaviours as associated with anxiety * To develop the support formula, including supportive statements and avoid making accommodations |
| Understanding ADHD | Virtual workshop supporting parents and professionals understanding of ADHD and how to support children with a diagnosis. | *Mondays February 6th – 27th at 12-1pm Lunch time Virtual Workshop* | Short-term intervention  For parents  Prevention-Education | Participants will learn:   * What ADHD is and the features and behaviours associated with the diagnosis * Strategies to support children with ADHD |

**Parenting Program Levels:**

* **Prevention-Education** Programmes/sessions designed to empower individuals and families with new knowledge and skills to foster healthy family relationships.
* **Prevention-Intervention** Programmes designed for parents and families experiencing mild to moderate levels of individual and family dysfunction by building positive knowledge and skills.
* **Comprehensive Programs** Programmes designed to offer long term, comprehensive parenting education.