



## Family Resource Centre | Programming Schedule August – December 2023

Programme	Description	Dates & Times	Target Audience	Outcome
<b>SNAP®</b>	<p>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”</p>	<p><i>Dates:</i>  <i>Cohort 12</i> <i>Mondays August 28</i> <i>November 27</i></p> <p><i>Duration:</i> 13 weeks</p> <p><i>Time:</i> 5:30-7:30pm</p> <p>Boys Group Between the ages of 6-11</p> <p><i>Group Size:</i> limited to 7 families</p>	<p>SNAP® is a gender specific group.</p> <p>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.</p> <p><i>Level: Prevention-Intervention</i></p>	<p>In this programme parents will:</p> <ul style="list-style-type: none"> <li>→ Learn effective child management and SNAP® strategies.</li> <li>→ Form connections with other parents facing similar challenges</li> </ul> <p>Children will:</p> <ul style="list-style-type: none"> <li>→ Learn to use SNAP® in different situations.</li> <li>→ Learn to make better choices in the moment</li> </ul>
<b>Triple P® Standard (Group) Cayman Brac</b>	<p>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.</p>	<p><i>Date:</i> <i>Thursdays October 12- November 30</i></p> <p><i>Duration:</i> 8 Weeks (including five 2-hour sessions and three 30-minute individual phone consultations to assist with independent problem-solving and skill-building)</p> <p><i>Times:</i> 6:00-8:00 pm</p>	<p>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.</p> <p>Parents who have completed lower-level interventions and have not achieved their goals, may benefit from a Group Triple P Intervention.</p> <p><i>Level: Prevention-Education</i></p>	<p>Parents will learn:</p> <ul style="list-style-type: none"> <li>→ Key parenting strategies to a broad range of target behaviors.</li> <li>→ Strategies for promoting and maintaining behavior change.</li> </ul>



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<b>Triple P® Transitions</b>	<p>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.</p>	<p><i>By appointment</i></p> <p><i>Duration: 8 Weeks (including five 2-hour sessions and three 30 minute individual phone consultations to assist with independent problem solving and skill building)</i></p>	<p>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.</p> <p><i>Level: Prevention-Education</i></p>	<p>In this programme parents will:</p> <ul style="list-style-type: none"> <li>→ Learn specific strategies for improving personal coping skills and reducing parenting stress, anxiety and anger.</li> <li>→ Learn specific strategies for reducing conflict between parents and improving communication.</li> <li>→ Be provided with strategies for promoting work, family, and play balance, and gaining appropriate social support. Learn to develop independent problem-solving skills.</li> </ul>
<b>Triple P Standard (Individual)</b>	<p>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).</p>	<p>By appointment</p> <p><i>Duration: 10 sessions; 1hour</i></p>	<p>Parents or caregivers who benefit from this type of intervention are parenting children up to 12 years of age exhibiting behavioural issues.</p> <p>The programme is appropriate for parents of children with moderate to severe levels of behavioral problems.</p> <p><i>Level: Prevention-Intervention</i></p>	<p>Parents accessing Triple P Standard Individual will:</p> <ul style="list-style-type: none"> <li>→ Identify the causes of child behavior problems and set their own goals for change.</li> <li>→ Learn core principles of positive parenting and behavior change.</li> <li>→ Learn key parenting strategies to a broad range of target behaviors that promote positive behaviour for their child.</li> </ul>



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<b>Triple P® Teen (Individual)</b>	A broad-based parenting intervention targeted to parents parenting teens. Triple P Teens educates parents on healthy adolescent development and developing a positive relationship with their teens.	<i>By appointment</i>  <i>Duration:</i> 8 Weeks, 1 hour	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. <i>Level: Prevention-Education</i>	Parents will learn:  → Key parenting strategies to a broad range of target behaviors. → Strategies for promoting and maintaining behavior change. → The importance of setting specific goals, skills to manage misbehavior, and plan for high-risk situations.
<b>Individual Parenting Sessions</b>	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;  <i>Duration:</i> 1hour	Short term or long term intervention for parents of children of all ages.  <i>Level: Prevention-Intervention</i>	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.
<b>Young Parent Services</b>	Long-term comprehensive parenting education programme for young or expectant parents ages 13-25.	<i>Dates:</i> <i>Wednesdays</i> <i>October 4, 2023</i>  <i>Duration: 13 Week Programme</i>  <i>Time: 12pm-5 pm</i>	Designed for young mothers and their families.  <i>Level: Comprehensive</i>	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.



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<b>Understanding ADHD</b>	Virtual workshop supporting parents and professionals understanding of ADHD and how to support children with a diagnosis.	<i>TBD</i> <i>Lunchtime Virtual Workshop</i>  <i>Time: 12-1pm</i>	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
<b>Legal Befrienders Service</b>	Provides free legal advice on all types of legal matters, specializing on domestic violence, child custody and other family matters.	<i>Dates:</i> Tuesdays: Walk-in Clinic  Tuesdays: Phone line (945-8869)  <i>Duration: Weekly; Ongoing</i> <i>Times: 5:00-6:30 pm</i>	Members of the public in need of legal advice	N/A
<b>Domestic Violence Training Intervention Programme (DVITP)</b>	Training programme offered to front line professionals who interface with victims of domestic violence and families.	<i>Dates:</i> November 22 – 24  <i>Duration: 3 Days</i>  <i>Times: 8:30am-5:00pm</i>	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.

**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.