



Parenting Programs Offerings

Available in English and Spanish, as well as in-person and virtually.

Peer Parenting Program (P3) Raising Highly Capable Kids

- Thirteen week evidence-based parenting program developed to build stronger families.
- Increases knowledge and skill level of parents.
- Utilizes the 40 Developmental Assets from Search Institute.
- In-person groups meet once a week for two hours (meal and childcare provided, and transportation assistance available on request).
- Virtual groups meet once a week for an hour and a half.

Peer Parenting Program (P3) Nurturing Families

- Utilizes an evidence-informed curriculum.
- Parents with similar needs support other parents on a variety of topics.
- Support group available to young families (parents ages 13 to 25).
- Support group available to growing families (parents ages 26 and older), grandparents raising grandchildren, or other family members actively parenting children.
- Special needs group for parents or caregivers raising children.
- In-person groups meet once a week for two hours (meal and childcare provided, and transportation assistance available on request).
- Virtual groups meet weekly for an hour and a half.

Parents as Teachers (PAT)

- Monthly group connections are offered monthly in Bexar and Guadalupe Counties.
- Focuses on parent-child interaction, development-centered parenting and family well-being, using an evidence-based curriculum.
- Supports parents throughout pregnancy until child enters Kindergarten full-time.
- Comprehensive health, hearing, vision and developmental screenings completed for enrolled children using approved screening tools and methods.
- In-person and combination of hybrid options are available, and meet twice a month for individual visits.

Parenting Community Presentations

A wide range of topics are offered for an hour in a half to two hours—available in-person or virtually. Some of the topics include:

- Breastfeeding Challenges and Possible Solutions
- Communication
- Discipline
- Healthy Life Choices
- Emotional Regulation
- Emotional Regulation in the Young Child
- Healthy Nutrition
- Fatherhood: A Child's Support System
- Lost and Grief in Early Childhood
- Mental Health
- Compassionate Discipline Techniques for Toddlers
- And, many other topics



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