

Parenting is full of challenges!

Parents Forum gives us new ways to

- handle strong emotions
- improve the balance in our lives
- teach our values
- use both affection and discipline in guiding our children

The strategies Parents Forum teaches can help immediately with everyday challenges.

Over time, these strategies can help parents become more confident and competent and help children become more optimistic and resilient.

Workshop participants tell us . . .

"This is what is missing in a lot of other parents' programs!" Chicago, IL

"If raising kids were easy, we wouldn't need Parents Forum." Cambridge, MA

"We all need this!" Winthrop, MA

Parents Forum is always looking for passionate, committed volunteers!

Become part of Parents Forum in your community by training to be a facilitator. The reward – emotional awareness – is priceless.

About Parents Forum

Parents Forum has been supporting, educating and encouraging parents for over 25 years. Based on a peer support model, the program has been transformative for many individuals and families.

Parents Forum, an independent 501(c)(3) nonprofit based in Cambridge, Massachusetts, collaborates with like-minded nonprofits and with public and private entities to increase and improve parenting resources.

Program oversight is provided by our advisors and board members. They include professionals in clinical psychology, psychology research, K-12 education, university language instruction, parenting education and a children's book author.

We want parenting education – and parent peer support – to be available, accessible, affordable and attractive to all parents. Please see our call for universal parenting education: bit.ly/2huhjtl.

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WHAT
(CHALLENGES
DO YOU FACE
AS A PARENT?)

We believe that everyone caring for children needs support, knowledge and encouragement along the way. It is a common misconception that parenting programs are for parents with problems or those whose children have problems.

Parenting education is a key part of lifelong learning, helping us manage our personal lives as well as our relationships at work and at home. We focus on emotional awareness and use it to help our children and each other stay on a good path.

Our mission: to foster caring, honest and respectful communications throughout society, starting in families.

Parents Forum offers peer support:

We listen to each other in order to discover common concerns and share strategies that work in managing family life. A cornerstone of strong families is the ability to create loving homes and solid relationships. Are the good ideas we find in books, on social media and online enough to help us do this? For most of us, exchanging ideas in person is key to making positive changes in our lives.

Parents Forum follows evidence-informed practices in a unique and effective program of social-emotional learning.

We offer fun, practical exercises in facilitated workshops. These give you opportunities to share your successes and struggles and gain confidence in managing everyday challenges.



Our Agenda

Getting Acquainted

1. What do you like about your family?
2. What concerns or troubles you about your family?
3. How do you express concern to a family member? How do you ask for and give advice and/or help in your family and community?

Getting Organized

4. What are your household values?
5. What are your household rules?

Getting Serious

6. What happens when someone joins your family?
7. What happens when someone leaves your family?

Stating Changes

8. What changes have you experienced recently? What changes do you expect in the future?

Using these questions, we look at families from the perspective of what makes a family strong, not what makes a family wrong.

Our Programs



... for parents

- Parents Forum Workshop



... for middle schoolers

- Learning What We Live



... for high schoolers and adults

- Spotlight on Conversation

Each of these can be presented in four sessions or two sessions or in a single half-day session.

... for communities and schools

- Book & Toy Exchange
- Charm School

These are one-time two-hour events.

... for anyone!

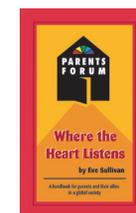
- “How to tell somebody something they’d rather not hear”

This 30-minute session is ideal for a workplace “lunch-and-learn”, school PTA/PTO night or other community setting.

... for community leaders

- Coordinators Guide

A manual for organizing a Parents Forum chapter in your city or town.



Download...

“Tools of the Trade” from our website.

Read...

Where the Heart Listens, our handbook, available in print, audio and ebook at your public library, local bookseller or online.