Parenting Programs

Strengthening Parents, Families and Community

Programs funded by

"Life affords no greater responsibility, no greater privilege, than the raising of the next generation"
- C.E. Koop

To Register Contact Us

Phone: (559) 675-5750
Fax: (559) 661-8389
www.maderacap.org

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We are Located at:
1225 Gill Ave.
Madera, CA 93637

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Community Action Partnership of Madera County
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Parenting Programs
CAPMC Parenting Programs is a training model that aims to enhance confidence in parenting and deliver effective ways to strengthen family relationships and improve behavior in children.

Parents within Madera County are provided an opportunity to participate in group sessions that they can attend with their children. CAPMC offers our families class incentives for participation, attendance, and completion of the program.

Strengthening Families Program
The Strengthening Families Program (SFP) involves the whole family and is one of the most powerful programs for family change in the country.

SFP is an evidence-based enrichment program that aims at improving parenting skills, family life skills and children’s social skills. SFP is available to families inclusive of parents and children ages 3-16. SFP provides 14 one-hour sessions designed to strengthen family interactions. Instruction is provided in separate skill classes for parents and children, while supporting informal family practice time by bringing parents and children together for complete family activities to enhance family skills.

Some Course Topics Covered Are:
- Learning Positive Interactions
- Problem Solving
- Stress & Anger Management
- Coping Skills
- Communication Skills
- Effective Discipline
- Resilience Skills
- Parent-Child Time
- Understanding Social & Developmental Stages
- Behavior Management

All parenting programs are FREE

Class Session Topics

| Session 1: Introductions and Group Building |
| Session 2: What Kids Can Do & How to Manage Stress |
| Session 3: Rewards |
| Session 4: Goals and Objectives |
| Session 5: Noticing and Ignoring |
| Session 6: Communication I: Better Relationships |
| Session 7: Communication II: Family Meetings |
| Session 8: Alcohol, Tobacco, Drugs and Families |
| Session 9: Solving Problems and Giving Directions |
| Session 10: Setting Limits I: Behavior You Can’t Ignore |
| Session 11: Setting Limits II: Practice Setting Limits |
| Session 12: Setting Limits III: Solving Behavior Problems |
| Session 13: Building and Using Behavior Programs |
| Session 14: Getting and Keeping More Good Behavior |