



## Parent Trainings and Workshops

### 5 Steps to Five

5 Steps to Five is a parenting program coaching parents and their infants in groups with trained facilitators, who model ways of interacting with the babies to build cognitive, verbal, emotional and social skills.

The goal: prepare these children for school, using the five steps – Nurture, Talk, Play, Read, Explore. Parents learn the importance of being the child's first and most important teachers – beginning at birth.

**Date:** Every Saturday morning, except holidays

**Time:** 9:30am-11:00am

**Location:** Port Chester Head Start classrooms, 17 Spring Street, Port Chester

**Participants:** Port Chester residents who qualify for Head Start from before birth to infants between 0 and 36 months.

**Staff:** Teachers and family workers from Monday-Friday Head Start program; minimum of two staff per room with parents and infants together. Program Manager, also from Head Start during the week, supervises the activities and payroll. Founders and new Director oversee total program.

**Cost:** Through the generous support of many family foundations, individuals and local churches, we were able to raise funding in advance to cover the first three years. The budget is 100% privately funded. Almost all funds go to program due to very low administrative overhead.

**Contact:** For more information call 914-508-9952 or email [info@5stepstofive.org](mailto:info@5stepstofive.org)

**Website:** [www.5stepstofive.org](http://www.5stepstofive.org)

### Parent Skills Coaching

Parenting is the most challenging job you will ever have, and it doesn't come with any training! While we don't have all of the answers, Family Ties of Westchester, Inc. offers Parent Skills Coaching that focuses on improving family well-being. We do this by providing you with an understanding of trauma and resilience, and how both can impact your parenting. Additionally, we explore parenting skills that develop effective discipline strategies, foster better family communication, and increase parental self-esteem.

#### Step 1 – Attend an Orientation

Winter and Spring Sessions

Date	Time
2/13/23	10:00am-12:00pm
2/15/23	7:00pm-9:00pm
3/13/23	10:00am-12:00pm
3/15/23	7:00pm-9:00pm
4/10/23	10:00am-12:00pm
4/19/23	7:00pm-9:00pm

#### Step 2- Choose the type of coaching that best meets your needs

### **Building Family Resilience**

A “*light touch*” evidence-informed class designed to help caregivers think about their approach to parenting, develop new strategies to enhance their family’s well-being and strengthen parenting confidence: Topics include:

- Parenting Styles
- Stress and Self-Care
- Discipline vs. Punishment
- Family Meetings
- Identifying Goals for Change

### **Building Family Resilience**

**Time:** 10:00am-11:30am

**Dates:** 3/15/23, 3/20/23, 3/22/23, 3/27/23, & 3/29/23

**Time:** 7:00pm-9:00pm

**Dates:** 5/2/23, 5/4/23, 5/9/23, 5/11/23, & 5/16/23

### ***Triple P***

This evidence-based program is for parents of children experiencing behavioral challenges, or for parents interested in gaining a more in-depth understanding of Positive Parenting.

Each participant will:

- attend group classes;
- participate in individual phone sessions;
- complete weekly assignments.

### **Virtual Group Sessions**

**Time:** 7:00pm-8:30pm

**Dates:** 3/7/23, 3/14/23, 3/21/23, 3/28/23, & 4/25/23

### **Individual Phone Sessions**

**Time:** 7:00pm-8:30pm

**Dates:** 4/4/23, 4/11/23, & 4/18/23

**Cost:** All Family Ties services are free of charge, but there is a \$10 workbook deposit for Triple P.

**Contact:** Please email referrals and questions to [referrals@famtieswest.org](mailto:referrals@famtieswest.org)

**Website:** <http://www.familytieswestchester.org>

## **2023 ORIENTATION SCHEDULE**

<b>DATE</b>	<b>TIME</b>
<b>February 13, 2023</b>	<b>10am - 12pm</b>
<b>February 15, 2023</b>	<b>7pm - 9pm</b>
<b>March 13, 2023</b>	<b>10am - 12pm</b>
<b>March 15, 2023</b>	<b>7pm - 9pm</b>
<b>April 10, 2023</b>	<b>10am - 12pm</b>
<b>April 19, 2023</b>	<b>7pm - 9pm</b>
<b>May 8, 2023</b>	<b>10am - 12pm</b>
<b>May 17, 2023</b>	<b>7pm - 9pm</b>
<b>June 12, 2023</b>	<b>10am - 12pm</b>
<b>June 21, 2023</b>	<b>7pm - 9pm</b>
<b>July 10, 2023</b>	<b>10am - 12pm</b>
<b>July 19, 2023</b>	<b>7pm - 9pm</b>

<b>August 14, 2023</b>	<b>10am - 12pm</b>
<b>August 16, 2023</b>	<b>7pm - 9pm</b>
<b>September 11, 2023</b>	<b>10am - 12pm</b>
<b>September 20, 2023</b>	<b>7pm - 9pm</b>
<b>October 9, 2023</b>	<b>10am - 12pm</b>
<b>October 18, 2023</b>	<b>7pm - 9pm</b>
<b>November 13, 2023</b>	<b>10am - 12pm</b>
<b>November 15, 2023</b>	<b>7pm - 9pm</b>
<b>December 11, 2023</b>	<b>10am - 12pm</b>
<b>December 20, 2023</b>	<b>7pm - 9pm</b>

## **Entrenamiento de habilidades para padres**

Ser padre es el trabajo más desafiante que jamás tendrá, ¡y no viene con ningún entrenamiento! Si bien no tenemos todas las respuestas, Family Ties of Westchester, Inc. ofrece capacitación en habilidades para padres que se enfoca en mejorar el bienestar familiar. Hacemos esto brindándole una comprensión del trauma y la resiliencia, y cómo ambos pueden afectar su crianza. Además, exploramos habilidades de crianza que desarrollan estrategias de disciplina efectivas, fomentan una mejor comunicación familiar y aumentan autoestima de los padres.

Paso 1: asistir a una orientación

### **Sesiones de invierno y primavera**

<b>Fecha</b>	<b>Hora</b>
01/03/23	7:00pm-8:30pm
04/03/23	11:30am-1:30pm
06/04/23	7:00pm-8:30pm
07/04/23	11:30am-1:30pm

### **Paso 2- Elige el tipo de coaching que mejor se adapte a tus necesidades**

#### **Construyendo Resiliencia Familiar**

Una clase de "toque ligero" basada en evidencia diseñada para ayudar a los cuidadores a pensar sobre su enfoque de crianza, desarrollar nuevas estrategias para mejorar el bienestar de su familia y fortalecer la confianza de los padres: Los temas incluyen:

- Estilos de crianza
- Estrés y cuidado personal
- Disciplina vs Castigo
- Reuniones familiares
- Identificación de metas para el cambio

#### **Construyendo La Resiliencia Familiar**

**Hora:** 11:30am-1:00pm

**Fechas:** 11/03/23, 18/03/23, 25/03/23, 01/04/23, & 8/4/23

**Horario:** 7:00pm-8:30pm

**Fechas:** 13/04/23, 20/04/23, 27/04/23, 04/05/23, & 11/05/23

#### **Triple P**

Este programa basado en evidencia es para padres de niños que experimentan problemas de comportamiento o para padres interesados en obtener una comprensión más profunda de la crianza positiva.

Cada participante:

- asistir a clases de grupo;
- participar en sesiones telefónicas individuales;

- completar tareas semanales.

### Sesiones de grupos virtuales

**Hora:** 7:00pm-8:30pm

**Fechas:** 10/05/23, 17/05/23, 24/05/23, 31/05/23, & 28/06/23

### Sesiones telefónicas individuales

**Hora:** 7:00pm-8:30pm

**Fechas:** 07/06/23, 14/06/23, & 21/06/23

**Costo:** Todos los servicios de Family Ties son gratuitos, pero hay un depósito de libro de trabajo de \$10 para Triple P.

**Contacto:** Envíe referencias y preguntas por correo electrónico a [referidos@famtieswest.org](mailto:referidos@famtieswest.org)

Sitio web: <http://www.familytieswestchester.org>

## CALENDARIO DE ORIENTACIÓN 2023

Fecha	Hora
8 de febrero de 2023	11:30am - 1pm
1 de marzo de 2023	7pm - 8:30pm
4 de marzo de 2023	11:30am - 1pm
6 de abril de 2023	7pm - 8:30pm
7 de abril de 2023	11:30am - 1pm
18 de mayo de 2023	7pm - 8:30pm
19 de mayo de 2023	11:30am - 1pm
1 de junio de 2023	7pm - 8:30pm
2 de junio de 2023	11:30am - 1pm
6 de julio de 2023	7pm - 8:30pm
7 de julio de 2023	11:30am - 1pm
17 de agosto de 2023	7pm - 8:30pm
18 de agosto de 2023	11:30am - 1pm
7 de septiembre de 2023	7pm - 8:30pm
8 de septiembre de 2023	11:30am - 1pm
5 de octubre de 2023	7pm - 8:30pm
6 de octubre de 2023	11:30am - 1pm
16 de noviembre de 2023	7pm - 8:30pm
17 de noviembre de 2023	11:30am - 1pm
1 de diciembre de 2023	11:30am - 1pm
7 de diciembre de 2023	7pm - 8:30pm

### Bright and Struggling - Twice Exceptional (2E) Students

#### Let's talk about students who are gifted and have disabilities.

Please join us for a free Zoom webinar that will provide attendees with information on how to recognize and support students who are twice exceptional at home and in school.

**Date:** 3/14/23

**Time:** 7:00pm-8:30pm

**Location:** Via Zoom

**Presenters:** Lois Baldwin, Ed.D., Former Administrator, SWBOCES Gifted Special Education Program, Melissa Sornik, LCSW, and Consultant, Maratea Cantarella, LMSW, Executive Director, Twice Exceptional Children's Advocacy

**Cost:** Free

**Contact:** If you have difficulty registering, please email [jbaumann@putnamils.org](mailto:jbaumann@putnamils.org) or call (845) 228-7457, ext. 1108

**Website:** [www.putnamils.org](http://www.putnamils.org)

**More parent trainings and workshops coming soon...  
Check Back**