



Pediatric Resiliency Collaborative

Parenting Classes

The **Nurturing Skills for Families** Class is a class for parents with children ages 0-5. The class covers topics like developmental milestones, healthy routines, appropriate expectations, positive disciplining, and empathy. While the class is focused on younger children, the tools learned in this class are also beneficial for parents who have children over age 5. Parents have opportunities to engage in class and meet other parents.

The **Strengthening Families Program** is a class for families with teens. Parents and teens attend this class together. Youth participants range from 8-17 years old. This class focuses on strengthening the family unit by teaching the family pro-social skills. Topics include communicating with love and understanding, developing stress- and anger-management skills, setting limits and consequences, family rules, and teaching teens how to say no to drugs and negative influences. It also provides coaching on how to choose good friends. This class ultimately teaches families how to bond, monitor children and set boundaries.

Tools for healthy tomorrows



Pediatric Resiliency Collaborative



Your clinic is partnering with the **Pediatric Resiliency Collaborative (PeRC)**, a community partnership that has the goal of implementing ACEs screening and response in all pediatric clinics in Santa Barbara County. Together with your physician, PeRC seeks to build healthier families and communities by promoting trauma-informed medical care, supporting family resilience, and addressing ACEs in Santa Barbara County. PeRC offers a variety of services which are highlighted here.



Resource Navigation Support

A **Family Service Agency (FSA)** or **Carpinteria Children's Project Wellness Navigator** will provide support and parent education, and connect to resources to help families have what they need to raise healthy and thriving children.

The Wellness Navigator:

- Conducts assessment to identify your family's strengths and needs
- Provides connection to resources and services, including follow-up and coordination
- Completes screenings to celebrate developmental milestones and provides connection to early intervention services when needed
- Provides parenting education and referral to parenting classes

Therapeutic Support

A **CALM Therapist** will provide education and therapeutic support to children and their families to prevent trauma, encourage flexibility, and change the life trajectory of families who experience ACEs.

The Therapist:

- Evaluates strengths and needs
- Provides education about mental health issues and how to prevent and/or treat them
- Provides short-term therapy for children and their family
- Provides activities to enhance positive parenting practices
- Assesses and identifies connections to other community resources