

What Parent Project[®] graduates are saying...

"I am a single parent of two teenagers. When I thought my children's lives were at risk, I felt lonely with no answers to all the problems. I took The Parent Project[®] class when my children were struggling and I finally found hope. This class will help parents have a better relationship with their children, and help them succeed."

Yolanda R.



Parent Project[®] Graduates

"This class has been most useful to me because I just migrated here from Tonga. It gave me an opportunity to learn about raising children in this country."

"This is an excellent program for me. I have learned that disciplining children does not mean physical and verbal abuse. We need to be more patient and loving towards our children."



To learn more about The Parent Project[®], register for an upcoming class, or find out how to offer a class in your community, please contact:

The Parent Project[®] is supported by San Mateo County Behavioral Health and Recovery Services, Office of Diversity and Equity and is funded by the voter-approved Mental Health Services Act (Prop 63) and Measure A.



**Behavioral Health
& Recovery Services**
SAN MATEO COUNTY
Health Ambassador Program
Office of Diversity and Equity

San Mateo County
Behavioral Health & Recovery Services
Office of Diversity and Equity
225 37th Avenue, 3rd Floor
San Mateo, CA 94403
www.smchealth.org/ODE

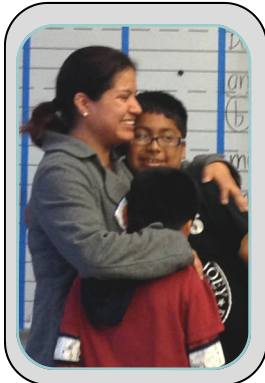
The Parent Project[®]



SAN MATEO COUNTY
BEHAVIORAL HEALTH &
RECOVERY SERVICES
OFFICE OF DIVERSITY AND EQUITY

Learn how to:

- End parent-child arguments
- Increase your sense of parental control
- Improve school attendance and performance
- Prevent and/or stop alcohol, drug, and tobacco use
- Develop appropriate structures within the family for rewards/consequences
- “Out-will” a strong-willed child
- Bring love and fun back into your family



93% of parents reported they were more satisfied in the relationship with their child by the end of the course.

What is the Parent Project®?

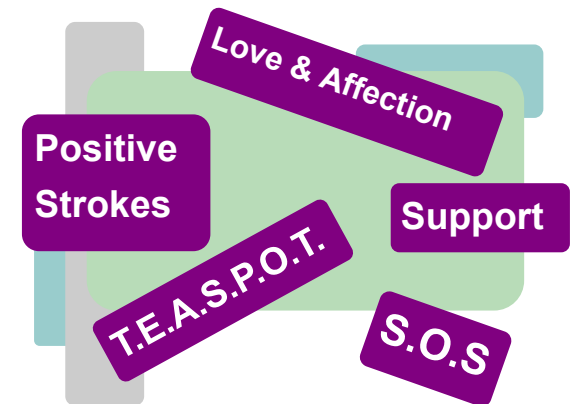
The Parent Project® was created specifically for parents with adolescents who display challenging behavior(s). This course teaches parents and caregivers specific prevention and intervention strategies to build and establish a healthy familial relationship. The goal is to decrease unhealthy or dangerous behavior(s) in our children and strengthen the relationships within our families in a culturally informed manner.

89% of families who have experienced a child's suspension reported fewer or no suspensions after completing the course.

This program empowers parents and community members by providing practical and no-nonsense plans, tools, resources, activities, and opportunities to share and receive support.

Who Should Attend?

This class is designed for any person who is in contact with or caring for an adolescent(s). Whether you are a parent, grandparent, aunt, uncle, older sibling, or other caregiver, this class is for you.



What's Involved?

Each year, we offer numerous English and Spanish Parent Project® classes throughout San Mateo County. Each class meets 3 hours a week, for 12 consecutive weeks. All courses include complimentary materials, dinner, and childcare (limited to the first 20 children registered, potty trained, age 3-15).