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.

“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:

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(650) 372-3272
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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.
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

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.

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?

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

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

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

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).