Parenting Fundamentals gives parents tools to help their children live fulfilling, productive lives. This evidence-based course with comprehensive support empowers parents to prevent child abuse, improve school performance, and strengthen their families.

**PARENTING CLASSES**

- Parents learn positive parenting skills including connecting with children, effective discipline, supporting school success, and parent self-care
- Weekly two-hour sessions for 8 or 10 weeks
- Classes targeted to age of the child
- Culturally sensitive curriculum
- English and Spanish instruction

**HOME VISITS**

- One-on-one time with parent educator to address issues that may be difficult to bring up in the group
- View parent-child interaction in the home
- Assessment of other resources the family may need

**CONNECTION TO OTHER SERVICES**

- Parent support groups to help outside of the classroom
- Referrals within Metropolitan or to other agencies for needs such as mental health or substance abuse counseling, legal aid services, housing, benefits, and quality early childhood education

**HELP ACCESSING CLASSES**

- Classes take place in community settings around the city
- Bus passes are available
- Child care or art enrichment for children while parents attend classes
- Classes and support groups offered in English and in Spanish

For more information please contact Katharine Bensinger at 773-371-3735 or bensingk@metrofamily.org

Since 1996, Parenting Fundamentals has served more than 7,000 parents and 21,000 kids.
Parenting Fundamentals is included in the National Registry of Evidence-based Programs and Practices, maintained by the Substance Abuse and Mental Health Services Administration.

MPowering moments

Quotes from our Parenting Fundamental graduates:

“As a child I was hit for everything. Since I started taking classes, I have never hit my son, not once.”

“Trying not to repeat my family cycle is a very difficult task at times.”

“You only get one time to raise a kid, so you want to try to do it the right way.”

“My 14-year-old was getting Ds and Fs in school. This class helped me learn to communicate and solve problems better. Now she is getting As and Bs.”

Metropolitan Family Services empowers families to learn, to earn, to heal, to thrive. Part mentor, part motivator, part advocate, Metropolitan reaches more than 68,000 individuals and families in Chicago, Evanston/Skokie, the southwest suburbs and DuPage County with services promoting education, economic stability, emotional wellness and empowerment.

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