Parenting can be stressful...

Are you a parent who could use some support?

Call the Family Support Program at (919) 403-8249 ext. 230

Family Support Program
Because being a parent is the most important job you will ever have.

We are available to speak to groups of parents or professionals on a variety of topics related to parenting and child abuse prevention. Please call for more information and fees for group workshops.

We can also help you if you are required by the courts or the Department of Social Services to complete a parenting program. You can ask to be referred to our program.

The Exchange Family Center understands that it’s not easy being a parent, and that sometimes you need someone to talk to. A Parenting Coach can provide you with ideas and support, without judgement.

Family Support Program
3400 Croasdaile Drive, Suite 206
Durham, NC 27705
Phone: 919-403-8249
Fax: 919-493-5725
www.exchangefamilycenter.org
The Family Support Program...

- Is for parents and kids together
- Is for families with children birth to 12 years old
- Is provided one-hour per week in your home
- Is available at times that work for you, including evenings
- Is a 12-20 week program, or longer if needed
- Gives you information on local resources
- Answers questions and offer ideas
- Respects your way of doing things
- Focuses on your strengths
- Uses models that have been researched and proven to work
- Is confidential and FREE to any family in Durham County
- Is available in Spanish and English

Based on your family's goals and needs, we do this using one of these models:

- Parent-Child Interaction Therapy (PCIT)
- Attachment and Biobehavioral Catch-Up (ABC)
- SafeCare
- Positive Parenting Program (Triple P)

When things are going pretty well overall, but you have a question or need support around one specific issue, we also offer a one-time consultation over the phone or in your home.

We help parents...

- Improve your relationship with your child and help you enjoy your time together
- Understand your child’s behavior
- Calmly manage even the most challenging behavior, including aggression and defiance
- Bond with your baby, understand your baby's emotional needs, and the best ways to help your baby learn
- Learn strategies to make every-day interactions easier
- Develop a plan for handling your child’s illnesses and injuries
- Baby and toddler-proof your home