

CUPS Nurturing Parenting Programs

“Every child should be nurtured with great love. The feeling of great love promotes wellness and potential for greatness.” — Lailah Gifty Akita



AREAS YOU WILL LEARN ABOUT

- | | |
|--|--|
| <ul style="list-style-type: none"> • Brain Development • Adverse Childhood Experiences & Resiliency • Empathy • Bonding and Attachment • Discipline | <ul style="list-style-type: none"> • Routines • Age Appropriate Expectations • Self-Awareness • Understanding and Expressing Feelings • Self-Care |
|--|--|

TYPES OF NURTURING PARENTING PROGRAMS

- Community Drop-in Sessions
- 18 Week Program
- One on One Program

DESCRIPTION OF EACH NURTURING PARENTING PROGRAM

Community Drop-in Sessions

- Currently held online through the Zoom program with facilitators Shannon and Holly
- Held on Mondays from 10am-11:30am and Thursdays (time to be determined)
- Group setting with other parents
- Certificate of completion emailed to each parent after each session

18 Week Program

- Currently held online through the Zoom program
- Assessments
- Parent and child interaction time
- Group setting with other parents
- Facilitators will check in with each client at the beginning and at the end of the program
- Graduation ceremony and certificate

One on One Program

- Currently held online through the Zoom program
- Ability to meet in person outdoors with physical distancing
- Client will be paired with a Family Development Coach
- Assessments and Goals
- Includes parent and child interaction time

ELIGIBILITY AND REQUIREMENTS

- Low income earner
- Must have children between 0-6 years of age
- Please contact Mary Asake for more information at marya@cupscalgary.com or (403) 400-2296