

SAHARA Parenting Group Programs

What is SAHARA Parenting Group Programs?

SAHARA Parenting Group programs are in existence since March 2000. SAHARA Parenting Group Programs are linguistically and culturally appropriate psycho-educational group programs for South Asian parents. These group programs provide skills to parents with children ages 0 to 16. The programs cover a wide variety of topics and are offered at different locations throughout the Greater Toronto Area.

Overview of the Group Programs

What topics are covered?

The topics are:

1. Parenting in Canada
2. Understanding children's growth and development
3. Nurturing Wheel
4. Communication
5. Developing Listening skills
6. Discipline – Part One
7. Discipline – Part Two
8. Setting Limits for children
9. Six Goals for Parents
10. The effect of abuse on children
11. Understanding the Canadian legal system
12. Understanding Children Aid Society
13. Understanding the education system
14. Developing positive relations with children
15. Community Resources
16. Help Seeking Behaviours

What will parents learn?

The parents will be able to:

1. learn how to discipline children without the use of physical punishment;
2. understand the difference between child-rearing back home and child-rearing in Canada;
3. learn effective communication techniques;
4. learn effective problem solving skills;
5. learn more about the legal and education system
6. understand the role of Children Aid Society;
7. understand the effect abuse has on children;
8. improve children's behaviour through positive reinforcement techniques;
9. seek help when needed.
10. define the role of extended family members in parenting.

Timings and Locations

The group programs run at various timings and locations.

For more information about the parenting programs, please call, (905) 301-2978

You may also email the referrals at bmutta@rogers.com or fax at 905-840-2004.

Please refer to our website at www.pchealthcentre.com

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Punjabi Community Health Centre is affiliated with SAHARA Community Services.