

Empowering Parents

Empowering Parents exists to help families in the Treasure Valley develop healthier relationships. Read more to find out if Empowering Parents is right for your family!



Get the help your family needs for whatever price you can afford!

Are you seeking to improve the relationships that are most important to you?

The Empowering Parents project is meant to provide support for families who would normally not be able to afford counseling or family groups. In addition, the project seeks to gather research to improve family groups and counseling for parents in the future.

Thanks to the generosity of Arigatou International, Catholic Charities of Idaho is able to provide these services at a very low cost to eligible families.

Family Wellness groups and **Emotionally Focused Couple Therapy** will be facilitated by licensed mental health professionals.

Is Empowering Parents right for you? To help you decide whether this project is the right fit, ask yourself the following questions:

- Am I seeking to improve my relationship with my partner?
- Can I faithfully attend counseling sessions or family groups almost every week?
- Do I currently live with my partner?
- Do I have at least one child between the ages of 5 and 18 living with me?
- Would I be willing to help with the research by filling out some questionnaires and allowing my child(ren) to fill out some questionnaires, before and after we participate?

If you answered "Yes" to these questions, we invite you to take the next step and contact **Catholic Charities of Idaho** at **208.345.6031** to ask how to apply.

Today's the Day!

Get counseling for parents or attend interactive family groups for whatever price you can afford and contribute to important research that will help others!

SPACE IS LIMITED!



Presented by:

Catholic Charities of Idaho & Arigatou International

Family Wellness is presented to groups of 6-8 families in a series of 6 2-hour sessions: Parents in Healthy Families, Children in Healthy Families, Adult Relationships–Couples in Healthy Families, As Children Grow–Change in Healthy Families, Solving Family Problems, and Sex, Drugs, and You–Passing on Your Values to Your Children. Check it out at <http://familywellness.com/>.

Emotionally Focused Couple Therapy is a short term, structured approach to couples therapy formulated in the early 80's by Drs. Sue Johnson and Les Greenberg. A substantial body of research outlining the effectiveness of EFT now exists. Check it out at <http://www.eft.ca/>.