

Learning Goals Within the Parent Program

The Parent Program believes that all families have the strengths, capacity, and ability to overcome adversity. It utilizes a strengths-based approach to care that invites parents to expand and share their skills and knowledge. By building connections with their Parent Wellness Coach and peers the invitation is open for parents to develop new skills, knowledge, and perspectives. The program's goal for parents is to learn how to increase and maintain protective factors, elevate self-efficacy, hold agency in their involvement with the school community, and navigate barriers to their health & wellness. This is a multi-year process and partnership to: 1) evaluate their wellness, 2) envision their best selves 3) create a plan for the process of change 4) connect and check in on progress and 5) get the accountability and support needed for sustainable change. Rather than learning what NOT to do, parents should learn to explore new concepts and embrace the implicit wisdom within themselves and peers. They answer the question "how do you feel you can become the best version of yourself?" rather than being told what is best for them by others.