

What is Parenting Through Change?

A FREE 10-week parenting group designed to introduce caregivers to positive-parenting strategies, strengthen family relationships, and receive support in their parenting.

VIRTUAL AND
IN-PERSON
SESSIONS
AVAILABLE!



"It's very helpful to have support both from the leaders and from parents who have similar struggles in parenting. It very much is a safe place to re-examine parenting as a whole."

"It has been really great to learn so many tips and skills to work with my kids. I have learned so much and it has made a big difference in our family dynamics!"



Grounded in GenerationPMTO (GenPMTO™), a model with over 50 years of research, PTC groups are **led by Oregon Community Programs (OCP) staff** who introduce practical tools that support improved communication, cooperation, and connection at home.

Groups are hands-on and collaborative. They are a space for caregivers to **reflect, practice and build on their strengths.**



PARENTING THROUGH CHANGE

Proven support through life's challenges and everyday parenting.



FREE parenting support, connection, and practical tools for every family.

www.oregoncommunityprograms.org



www.oregoncommunityprograms.org

JOIN A GROUP

P: 541-743-4350

E: PTCinfo@oregoncp.org



Oregon Community Programs

www.oregoncommunityprograms.org

Who is PTC for?

Any parents who:

- are caring for children **ages 4-14**
- would enjoy **less stress and more calm communication** at home
- are seeking a **combination of proven tools and peer support from other parents**

■ **Do you dream of more cooperation and less arguing?**

■ **Would you like greater ease in managing the intensity of your own emotions or those of your children?**

Do you wish you had different

■ **strategies for navigating everyday parenting challenges?**

PTC may be a good fit for you!

CHILDCARE AND A LIGHT MEAL ARE PROVIDED EACH WEEK.



TO JOIN, CONTACT:

PTC Coordinator

P: 541-743-4350

E: PTCinfo@oregoncp.org

What to expect

PTC groups are:

- 10 weekly, 90-minute group sessions
- Hands-on and engaging
- Designed to increase confidence in navigating real-world parenting challenges

Parents receive:

- Practical tools and take-home resources
- Weekly materials to support learning at home
- Prizes to support participation and celebrate commitment
- Access to support between sessions
- Groups are offered in English and Spanish, with varied days and times available

Proven Outcomes

Experts agree: parents are their child's greatest source of support and best teacher.

PTC is grounded in decades of peer-reviewed research, evidencing positive outcomes for families from a wide range of economic and cultural backgrounds.

When caregivers feel confident and receive the support and tools required to navigate the challenges of parenthood, **children benefit in meaningful and lasting ways, emotionally and developmentally.**



Building Calm, Confidence, & Connection

PTC supports caregivers in managing everyday parenting challenges with less stress and more confidence. Through guided sessions, **families strengthen communication, encourage cooperation, and develop routines and problem solving skills that create a calmer and more connected home.**

WEEK 1 – Working Through Change

WEEK 2 – Encouraging Cooperation

WEEK 3 – Teaching Positive Behavior

WEEK 4 – Observing Emotions

WEEK 5 – Active Communication

WEEK 6 – Setting Limits

WEEK 7 – Follow Through

WEEK 8 – Problem Solving

WEEK 9 – Encouraging Routines

WEEK 10 – Putting It All Together



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