



FAMILY PATHS'

Parenting Stress Helpline

1-800-829-3777

- Resources
- Counseling
- Referrals

Our Programs

B.O.O.S.T. (Building Opportunities & Outreach for Support & Treatment) Case Management and Therapeutic Services are designed to assist parents with CalWORKs eligibility transitioning from welfare to work. We provide counseling, referrals to parenting and life skills classes, substance abuse recovery support, and connections to community and job resources to remove barriers to self-sufficiency. Our priority is helping parents meet their personal, educational and financial goals in order to attain stable lives for themselves and their families.

Families in Transition program (FIT) provides a flexible and comprehensive model of mental health services aimed at supporting children, adolescents and their families with MediCal who are experiencing complex traumas and instability in their lives. The flexibility of our program allows us to work with children in the environment that best meets the child and family's needs, for example in home, schools, and in the community.

Finding Peace Within is our award-winning, skill-based support group for women who are experiencing symptoms of past trauma. We teach trauma survivors simple and practical steps toward living more calmly and at ease in their daily lives.

Our ***Parent Education*** offerings are appropriate for all types of families – expecting parents, parents of children of all ages, foster and kinship care providers, adoptive parents, LGBT families and others involved in parenting roles. Our courses include ***Positive Parenting Classes, Fatherhood & Co-Parenting: Beyond Conflict, Abriendo Puertas/Opening Doors, Nurturing Parenting and Effective Black Parenting***. The curricula we use are designed to provide parents with an understanding of parenting and co-parenting skills and knowledge, particularly in the areas of child development, communication, discipline and self-awareness, while emphasizing the importance of self-care and a non-judgmental stance. Our goal is to provide parents with the tools they need to create a healthy, safe, and nurturing environment. Classes are offered in English and Spanish and currently meet over Zoom.

Treatment, Intervention & Prevention Services (TIPS) provides free or sliding scale office-based therapy for children, parents, and families, not otherwise covered by Medi-Cal or other insurance. Treatment addresses a range of issues including exposure to trauma, abuse, family and community violence, divorce, loss, and stress.

