

Nurturing Change & Growth

Each ADWC participant and family has unique circumstances that they struggle with, requiring individual attention and carefully planned interventions. We want each person to succeed and live well. Whatever your difficulty, our goal is to therapeutically connect with you in your time of need or crisis and work together with you on your path to discovery and growth.



Every person deserves access to high quality and affordable mental health care.

All-Desert Wellness Centers is a 501(C)3 non-profit charitable organization (Tax ID # 26-4505734). To receive more information about how we may be able to help you, please visit our website:

www.alldesertwellness.org

Or call us at
(760)797-5151

***All-Desert Wellness Centers
73-726 Alessandro Dr., STE. 201
Palm Desert, CA 92260***

***“Helping you to help yourself”
ADWC offers a sliding fee scale***

Strength-Based Parenting



***Helping Families to
succeed and live well***



www.alldesertwellness.org

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Strength-Based Parenting

Strength-Based Parenting focuses on the premise that all parents already have what they need to be great parents. Every person possesses intrinsic gifts that he/she can discover, develop, and strengthen. These gifts can be used successfully with every type of child. The key to using your gifts effectively in your parenting, is learning to be authentic which is essential to becoming an exceptional parent.

Three Categories of Gifts:

**Character
Relationship
Communication**



Authenticity is about being open and honest about what you are experiencing. If you are functioning from a place of authenticity, then you are not behaving defensively. Strength-Based Parenting teaches parents to discover what they have learned from their parents, what's working, and what's not. They learn about the strengths they possess, various skills, how to de-stress & raise self-esteem, and how to utilize their tools effectively.

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What You Can Expect:

While participating in parenting classes or workshops at ADWC, you can expect to experience a non-judgmental atmosphere where you can feel safe to express yourself openly about whatever difficulties you are facing with your children. Our classes are a place for you to discover an all-new *you as a parent* and build stronger, healthier relationships with your children, with renewed understanding. It is a place to learn from and share with others.



Class Structure

Parenting classes are offered in both English and Spanish. Each parenting class series lasts 12 weeks, but parents may enter the class at any point during the series. Parents may also elect to continue participating after the completion of 12 weeks, as well as join an ongoing parent support group.

Strength-Based Parenting classes are largely based on the book,

"The Authentic Parent: Developing Your Natural Gifts to Become the Parent You Always Wanted to Be"

by

Dr. Jamie D. Kirkpatrick, PsyD, MFT
& Dominique A. Silvas, MFT

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What You Will Learn

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- How to express yourself authentically
- How to turn your innate gifts into strengths
- Effective communication skills
- Conflict resolution & eliminating power struggles
- Value-based discipline designed to teach
- How to establish family rules that work
- How to heal wounded children, parents, & families

**Strength-Based Parenting is also approved by the County of Riverside court system to meet requirements for mandated parenting. All information discussed in classes is kept confidential.



Help us to help our children!

Donations are always appreciated.

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