
MISSION STATEMENT

The mission of the Center is to enhance family and community life through its Child Abuse Prevention programs and services: patterns of abusive behaviors are replaced with effective skills of non-violent parenting; positive and healthy parent-child relationships are strengthened; juvenile delinquency and other youth-related problems are prevented; and parents' potentials in resolving their difficulties are developed and maximized.

Founded in 1989

The Exchange Club Center for the Prevention of Child Abuse of Southern CT, Inc.

(Dba The Parenting Skills Center) strengthens the family by educating parents and children, replacing violent parenting tendencies with age appropriate positive discipline techniques while building family resiliency and behaviors that parallel success and wellbeing.

Client referrals come from the Department of Children and Families, schools, hospitals, behavioral health centers, child protective teams, the community at large and prospective clients calling directly.

The Exchange Club Parenting Skills Center

141 Franklin Street • Stamford, CT 06901

(203) 327-9419

Fax (203) 359-8677

Office Hours

Monday-Friday

8:30 am—4:30 pm

Closed on Holidays

Available Nights and Weekends

*All programs are available in
Spanish, Creole and English.*

Free parking available on site.
24 hour security.

For more information please contact:

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Sponsored By

Department of Children & Families
Conn. District Exchange Clubs



**Strengthening
Families**

one
family

at a

time.....

***“Improving the quality of
life for everyone involved”***



The Parenting

**Support Services
Program ®**

TRIPLE “P” POSITIVE PARENTING PROGRAM

The Triple P – Positive Parenting Program ® is a new and innovative program at the Center. It is a parenting and family support system designed to prevent – as well as treat – behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential.

Triple P is a scientifically researched family intervention strategy designed to assist parents to improve their parenting skills and build positive relationships with their children. It aims to equip parents with the skills and confidence they need to be self-sufficient and to be able to manage family issues without ongoing support.

Triple P teaches parents strategies to encourage their child’s social and language skills, emotional self-regulation and problem solving ability. Families will reduce parent-child conflict, experience more harmonious relationships and achieve more success for their children at school.

- ◆ *All services available in English, Spanish and Creole*

24-hours on call support is provided for families in crisis.

PRINCIPLES OF POSITIVE PARENTING

- ◆ **Safe and Engaging Environment**—promotes healthy child development at all ages.
- ◆ **Positive Learning Environment**—Teaching parents to respond to their children in a positive manner.
- ◆ **Assertive Discipline**—Teaches parents how to use effective strategies in specific situations, selecting ground rules and logical consequences.
- ◆ **Realistic Expectations**—This helps parents to have realistic expectations and goals that are behavior and developmentally appropriate for the child and realistic for the parent.
- ◆ **Parental Self-Care**—Teaching parents practical skills to self-care, resourcefulness, well-being and to maintain a sense of self-esteem.



CIRCLE OF SECURITY PARENTING

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Using the COS-P model developed by the Circle of Security originators, our trained Facilitators work with parents and caregivers to help them to:

- ◆ *Understand their child’s emotional world by learning to read emotional needs*
- ◆ *Support their child’s ability to successfully manage emotions*
- ◆ *Enhance the development of their child’s self esteem*
- ◆ *Honor the innate wisdom and desire for their child to be secure*

**Parents learn to be
Bigger, Wiser, Stronger
and Kinder to their
small children & teens!**

