



OhioGuidestone
WHERE NEW PATHS BEGIN

Nurturing Parenting for Families

Learn how to strengthen your family relationships
and add joy to your life!



Nurturing Parenting for Families

OhioGuidestone is currently enrolling families who want to improve their relationships. If you have children up to age 18, are able to commit to 12 home sessions, and want to enhance your skills, this is the program for you and your family. We are part of a nationwide network, certified to teach the evidence-based Nurturing Parenting Curriculum.

Even under the best of circumstances, parenting can be a challenge. For parents in recovery or other circumstances or needing extra support for a child with special needs, OhioGuidestone offers education and training to improve family functioning.

Learn how to...

- deal better with stress and conflict
- be a better communicator with your family
- better understand your child's needs

Services can be provided virtually or in person!

What you'll learn:

- **Age-appropriate expectations:** Help children and teens build a positive self-concept and self-esteem.
- **Emotional regulation:** Adults, children, and teens can develop higher levels of empathy, and appropriate ways to get one's needs met, along with helping others get their needs met.
- **A dignified system of discipline:** Use empathetic responsiveness, behavior management and modification techniques, and never corporal punishment.
- **Self-awareness:** Teach appropriate roles within the family, and family cultural practices and beliefs.
- **A healthy sense of empowerment:** Develop protective and resiliency skills to manage safe sex protection, unwanted sex, and negative peer pressure. Learn appropriate communication skills, tips for anger and stress management, strategies to handle bullies, and how to spot signs of possessive and violent relationships.
- **Humor and Laughter:** Increase positive interaction among family members by laughing more, developing a sense of humor, and finding fun in life.

Contact Us



Call **844.622.5564** or email
IntakeMedina@OhioGuidestone.org
Fax: **330.722.7638**



246 Northland Drive, Suite 140
Medina, Ohio 44256

MEDINA COUNTY
ADAMH
ALCOHOL, DRUG ADDICTION & MENTAL HEALTH BOARD