

**Family Support
Specialists**

Serving all Burke County

Public Schools

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BCPS FUTuRES Program

Morganton, NC 28655

Phone (828) 502-9786

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FUTuRES



*Families United to
Resources and
Education through
the Schools*



**Supporting parents and families
through the schools**

What is a Family Support Specialist?

A Family Support Specialist is someone your family can turn to when you need extra support being a parent. A Family Support Specialist is a nonjudgmental, caring person who only wants the best for your family. Since parenting is the hardest but most important job you will ever have, it shouldn't be something you have to do alone. For more support call a Family Support Specialist today.

A Family Support Specialist is also a ...

Resource Link – a connection for parents and families to resources within the school and community

Skill Builder – an information source for families on parenting techniques and ways to strengthen family relationships

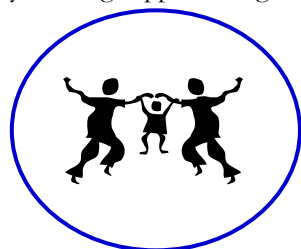
Advocate – a speaker on behalf of others on issues related to children and families

Mediator – a communication link between home, school, and community

Leader – a leader of groups for parenting skills and parenting support

Counselor – a listener and supporter of parents and families struggling with a problem

Confidant – someone you can trust to help your family by offering support and guidance while only



Programs for Parents

These programs are offered by the Family Support Specialists individually; at school or home throughout the school year for parents with children 3 years old through 12 years old.

Triple P Parenting Program

Triple P is a philosophy that emphasizes the importance of raising children in a warm and trusting household. It is founded on the belief that a child who is cared for can learn to care for him or herself and can transfer that caring to others and to the environment.

***Triple P Standard Level 4:** This program offers 10 weekly one-on-one sessions for any parent who has specific parenting concerns and wants to target one or two specific issues in parenting. New techniques are learned to promote happiness in the family.

Triple P helps you:

- Raise happy, confident kids
- Manage misbehavior so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Encourage behavior you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing



Circle of Parents

This program is offered by the Family Support Specialist at schools and in the community throughout the school year.

Grandparent/Kinship Caregivers Raising Children Support Groups

A group grandparents and kinship caregivers can attend to share ideas, concerns, fears, and frustrations about being a parent to their grand/kinship children. The principle value of this group is the emphasis on caregivers as the experts about their own children. During this group we learn new ways to cope with the anger, frustration, and disappointment that parenting can sometimes bring and we celebrate milestones in our journey toward being the best caregiver we can be.

2024-25 School Year locations
Thursdays 5:00-7:00 at Oak Hill Elementary
(Food and childcare provided)

Mamas Latinas Support Group
Fridays 8:00-9:30 at Hill Crest Elementary
(Spanish translation & breakfast provided)



For more information about these programs call a Family Support Specialist listed on this brochure.