



# PARENTING FUNDAMENTALS

Since 1996,  
Parenting  
Fundamentals  
has served  
more than  
**8,000**  
**PARENTS**  
and  
**21,000**  
**KIDS**



Parenting Fundamentals gives parents tools to help their children live fulfilling, productive lives. This evidence-based course with comprehensive support empowers parents to prevent child abuse, improve school performance, and strengthen their families.

## PARENTING CLASSES

- Parents learn positive parenting skills including connecting with children, effective discipline, supporting school success, and parent self-care
- Weekly two-hour sessions for 8 or 10 weeks
- Classes targeted to age of the child
- Culturally sensitive curriculum
- English and Spanish instruction

## HOME VISITS

- One-on-one time with parent educator to address issues that may be difficult to bring up in the group
- View parent-child interaction in the home
- Assessment of other resources the family may need

## CONNECTION TO OTHER SERVICES

- Parent support groups to help outside of the classroom
- Referrals within Metropolitan or to other agencies for needs such as mental health or substance abuse counseling, legal aid services, housing, benefits, and quality early childhood education

## HELP ACCESSING CLASSES

- Classes take place in community settings around the city
- Bus passes are available
- Child care or art enrichment for children while parents attend classes
- Classes and support groups offered in English and in Spanish

For more information please contact Katharine Bensinger  
at 773-371-3735 or [bensingk@metrofamily.org](mailto:bensingk@metrofamily.org)

**Parenting Fundamentals is included in the National Registry of Evidence-based Programs and Practices, maintained by the Substance Abuse and Mental Health Services Administration.**

## **m**POWERING moments

**Quotes from our Parenting Fundamental graduates:**

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*"As a child I was hit for everything. Since I started taking classes, I have never hit my son, not once."*

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*"Trying not to repeat my family cycle is a very difficult task at times."*

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*"You only get one time to raise a kid, so you want to try to do it the right way."*

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*"My 14-year-old was getting Ds and Fs in school. This class helped me learn to communicate and solve problems better. Now she is getting As and Bs."*



### **Metropolitan Family Services**

empowers families to learn, to earn, to heal, to thrive. Part mentor, part motivator, part advocate, Metropolitan reaches more than 68,000 individuals and families in Chicago, Evanston/Skokie, the southwest suburbs and DuPage County with services promoting education, economic stability, emotional wellness and empowerment.



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**metropolitan**<sup>™</sup>  
family services

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families **m**powered

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