

Black Family Support Program

Week 9 Sex & Sexuality

Parents will learn how to communicate with their teens about sex-related topics, including healthy relationships, the prevention of HIV (and other sexually transmitted diseases), and pregnancy, as a positive parenting practice. Parents are the most important sexuality educators for their children. This workshop offers practical actions for parents to help strengthen their efforts to engage positively with their teens and to have meaningful discussions with them about sex and sexuality.

Week 10 Drugs & Alcohol

Studies have shown that teenagers who have regular, serious conversations about drug prevention with their parents are less likely to use drugs than those who don't. Parents will learn how to talk to their children in non-accusatory ways about drugs and alcohol use. Parents will be informed about drugs and alcohol in correlation with the developing brain of a child, and the serious health consequences of drug and alcohol use with their children. Parents will be given resources if their teen disclose use what to do and where to find help if needed.

Week 11 Fostering Mental Wellness

In this workshop parents will learn about the physical and emotional symptoms of mental health concerns, patterns of stress and who stress manifests in their parenting style and behaviour with their children, development strategies for self-care, identifying early warning signs of not feeling well and how to develop preventative and coping strategies, learning strategies for communicating with family members about their struggles

Week 12– Self-Care and Resiliency

This workshop will provide information to parents on how to engage in self-care choosing behaviour that balance the effects of emotional and physical stressors and learning how to self-soothe or calm our physical and emotional distress.

Drop In Program

Malton Neighbourhood Services (MNS)

3540 Morning Star Drive, Malton

- MNS: Wednesday —5pm-7pm
- MNS: Friday— 1pm— 3pm

Bramalea City Center (BCC)

150 Central Park Drive Unit 301, Brampton

- BCC: Tuesday- 5pm-7pm
- BCC: Friday-9:30am- 12pm



BLACK FAMILY SUPPORT PROGRAM (BFSP)



Program Locations

Malton Neighbourhood Services
3540 Morning star Drive
Mississauga, Ontario L4T 1Y2
Tel: 905-677-6270

Bramalea City Centre (BCC)
150 Central Park Drive, Unit 301
Brampton, Ontario

Audrey Taylor M.Ed, RP, Program Coordinator—ATaylor@mnsinfo.org
647-633-6365

Or

Joy Wokocha RECE, Early Childhood Educator—JWokocha@mnsinfo.org
647-633-6494

“PEOPLE HELPING PEOPLE”

BLACK FAMILY SUPPORT PROGRAM

Malton Neighbourhood Services is now offering a Parent Communication program for parents within the Black community in Peel. Working from a culturally-informed perspective the program was developed for parents / caregivers to build on cultural identity, values and practices. Families will have a structured environment in which their younger children can enjoy drop-in play-based learning experience while the parents are in group sessions.

One on one support will also be available to provide counselling/ advice to Black parents on how to support their youth to succeed in crucially important secondary school years. Parents/caregivers will have access to parenting for success support groups/workshops that will cover various topics related to parenting Black children/teens.

In addition, families will have an environment in which they will feel supported, improve parenting skills, learn to better communicate with their children, and improve self-esteem. Parents will get to socialise and form network of supports which will reduce risks of social isolation.

The program is structured to offer:

- Parent Groups
- Individual counselling
- Parenting programs
- One-on-one counselling
- Group counselling
- Information/Referrals
- Assistance with systems navigation
- Advocacy

BLACK FAMILY SUPPORT PROGRAM

WORKSHOPS

Workshops are designed from a cultural supportive framework. We aim to provide an environment in which families from diverse cultural and ethnic backgrounds within the black community feel comfortable discussing culturally derived parenting beliefs and an openness to sharing these practices. These workshops explore how culture influences parenting practices and can shape parental belief systems, values, goals and behaviours.

The 12 week parenting workshops include:

Week 1-Parenting Styles

Parents will identify the way in which they were parented, which style they practice and assess the benefits of the different styles of parenting.

Week 2/3 Teen Identity

Parent will learn about the physical, emotional, mental and social changes that occur during the teen years. They will also learn about the teen struggle for independence and control, peer influence, sexual and romantic relationships, how to talk and encourage them to share new challenges and how to provide consistent loving disciplines with limits, restrictions and rewards.

Week 4- Parent Identity

Explore how we deal with the fear and worry of parenting black children, violence, peer pressure, addictions, teen pregnancy, how to have a frank discussion with our children while fostering a positive outlook, and nurturing our children to achieve their full potential.

Week 5-6 Systems Navigation

It can be difficult at times for black parents understand and find their way through the educational, health care, justice, community and social service systems. These life's challenges can become overwhelming. This workshop will provide information on how to access these services when addressing issues that arise at school by connecting with the right resources.

Week 7-8 Interfacing with CAS and Police

Educate parents regarding their rights and responsibilities with both the justice and child welfare systems by providing information on navigating both.