

H·O·P·E (Helping Others Parent Effectively)

Family Nurturing Center® Parenting Classes

HOPE is a comprehensive parenting education and support program designed to meet the needs of families referred through Hamilton County Job and Family Services. A range of services is available to address common parenting issues as well as more intensive needs for target populations. Services include:

Parent Coaching: A parent coach provides individualized support to families with general parenting needs, and reinforce concepts learned in parenting groups.

Therapeutic Parent Coaching: Provides support to families with a more specialized need, for example, families that are impacted by sexual abuse, a mental health diagnosis or domestic violence.

PCIT: (Parent Child Interaction Therapy). Trained staff can provide PCIT to families identified by the HOPE Coordinator as appropriate.

Group Services: Nurturing Parenting Groups and Therapeutic Parenting Groups to serve the entire family. Classes last from 12-18 weeks and are selected based on the needs of the families. A variety of curricula are available.

All referrals are made through the Hamilton County Job and Family Service desk guide at www.hcjfs.hamilton-co.org/. Proper paperwork must be turned in to the county in order to be pre-authorized for services.

A variety of family-based groups are available. After the family meets with the Program Coordinator for an intake, specialized groups and services will be recommended based on the family's individual needs. Groups may include:

Nurturing Parenting Program for Parents with Infants, Toddlers and Preschoolers: 18 week program focusing on the unique developmental needs of young children that sets the foundation for nurturing and healthy family relationships.

Nurturing Parenting Program for Parents with School Age Children (ages 5-12): 15 week program designed to increase parenting skills and promote healthy family life.

Nurturing Parenting Groups for Parents and Adolescents: 12 week program designed to promote a healthy environment for families with children who are teenagers.

Therapeutic Parenting Groups for Families Facing Special Issues: Specialized groups designed for families facing a mental health diagnosis, children who have witnessed domestic violence and families impacted by sexual abuse. Groups can also be provided for families of special needs children or parents who have special needs.

Nurturing Fathers Program: 13 week program designed to meet the unique needs of fathers and help them to become more effective parents.

Nurturing Parenting Program Across the Lifespan: 14 week program designed to meet the parenting education needs of families with children ranging from birth to teenagers.

All groups and parent coaching sessions are designed to include parents and children. Participation of the whole family is integral to the success of the program.



The Nurturing Programs, created by Stephen J. Bavolek, Ph.D., are internationally validated approaches for working with parents, infants, children, and adolescents in reducing dysfunction and building healthy, positive interactions. The programs have been extensively field tested nationwide and are being implemented throughout the United States and beyond. The Nurturing Parenting Programs are recognized by the Center for Substance Abuse, the Office of Juvenile Justice and Delinquency Prevention, and the Substance Abuse and Mental Health Services Administration.



The Family Nurturing Center is a Nationally Certified Agency for Nurturing Training and Education. The agency is affiliated with the Family Nurturing Center®, National in Park City, Utah and operates based on the philosophy and programs of Stephen Bavolek, Ph.D.

For more information please call the HOPE Coordinator at (513) 381-1555
www.familynurture.org