# Parent Support Program

## Program Description

The Parenting Program offers Parenting training classes, individual counseling, and ongoing groups.

Also, under Parenting Program the Project Sanctuary offers supervised visitations and safe exchanges for the non-custodial parent.

**ALL OUR SERVICES ARE FREE**

## Services Offered

The **Parent Support program** is for Spanish-speaking parents or guardians with at least one child between the ages of 0 to 17. Parents will enhance their parenting skills and improve communication with their children.

The Parent Support program is also for parents who are court or DCFS mandated to attend parent-training classes. Couples and single parents are welcome to participate.

Parenting classes are a 15-week commitment, with each class meeting for two hours. All classes are held in Spanish. The parent group will discuss topics such as parental responsibilities, child development, and physical, emotional and sexual abuse toward children.

After completing classes, parents can also participate in on-going counseling groups. Groups provide parents with an outlet for stress and are also a place to discuss decision-making and problem solving.

**Project Sanctuary** is part of Mujeres Latinas en Acción’s Parent Support Program. This component offers court ordered parenting time for non-custodial parents and their children. The program allows children to maintain a positive relationship with the non-custodial parent. Project Sanctuary staff work to ensure that the safety of the participants and the needs of the children are a priority.

## Contact Information

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