



ACT to build a strong and safe family.

Join us for the ACT Raising Safe Kids program.

Through this 9 week class, we'll cover:

- Your child's development and what to expect.
- Communication that is healthy, respectful, and helpful.
- Discipline that works.
- How to best deal with tantrums and fights.
- Parenting in the age of electronic media.
- Navigating emotions and feelings - yours and your child's.
- Parenting styles.
- All of the challenges that come with raising healthy families.

Classes are free and fun!

ACT provides participants the opportunity to develop social networks and connect with other parents and participants which creates an ongoing support system during and after the program, ultimately building a greater community for all families.

Through role-play, group discussion, engagement of participants as experts and knowledgeable individuals, along with brain-storming as a group, we address parental discipline, nurturing behaviors and child development, as parents and caregivers develop the knowledge and skills that change and improve effective parenting practices while preventing child maltreatment.



The ACT (Adults and Children Together) Raising Safe Kids Program is an evidence-based parenting program developed by the American Psychological Association and focuses on adults who care for and teach children from birth to 8 years old.

We aim to strengthen positive parenting skills by teaching child development, behavior management, tools for positive effective discipline, effective anger and conflict management, and media literacy.

Overall, the ACT program provides caregivers with a supportive social network and supports families to create safe communities for their children.

To register, or for more information email us at Programs@cactricounty.org or call Jennifer Vokoun at 717.232.9757 x 129

