

Programs

Evidence-based classes in groups or for individuals

NURTURING PARENTING: SKILLS FOR FAMILIES

- Nourish Self-worth
- Personal Empowerment
- Cooperation
- Appropriate Expectations
- Compassion
- Parent/Child Bonding

NURTURING PARENTING: CARING FOR A NEWBORN

- Memories and Milestones
- Basic Care
- Common Problems
- Safety
- Bonding
- Feeding and Bathing

ACAP PARENTING

- Communication
- Realistic Expectations
- 1-2-3 Magic/Discipline
- Adverse Childhood Experiences (ACEs)
- Safe Sleeping
- Stress Management
- Charting/Routines
- Co-Parenting
- 2-12 Year Olds

SURVIVING YOUR ADOLESCENTS

- What is Normal Teen Behavior?
- Manage Risk Taking
- "Letting Go"
- Communication and Safety

SUPERVISED VISITATION

- Call for details

"Parenting is one of the hardest things you'll ever do, but in exchange, it teaches you the meaning of unconditional love."

- Nicholas Sparks



ACAP Parenting Education

Available Programs in
Essex County, NY

Information updated 3/30/22
contact ACAP for additional copies

Who We Are

Adirondack Community Action Programs, Inc. was established in 1965 to serve the needs of and advocate for low-income families in Essex County.

Part of a network of 1,000 Community Action Agencies nationwide, ACAP employees work with all families in our community on a daily basis to eliminate the effects of poverty and move them toward self-sufficiency.

The agency is committed to providing comprehensive services to children, adults, seniors and families.

Today, ACAP continues to mobilize resources, plan, and integrate programs and donations that best meet our community's needs. By coordinating multiple programs and resources, ACAP achieves its mission working with families every day.

Our Mission
ACAP, Inc. connects people, values, and resources to promote personal, economic, and community growth.



**Adirondack Community
Action Programs, Inc.**

In partnership with
Building Resilience in Essex Families



Details

- These services can be offered in a variety of settings. Call for details.
- You must pre-register to attend classes.
- Participants will receive a certificate of completion at the end of the class as proof of attendance.
- Participant confidentiality respected.

Contact Us

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“What I learned in the Nurturing Parenting class has lowered my stress level with my kids.”

“The class was a good eye opener for me as a parent that has had a lot of traumas in my childhood.”

“The class makes you reflect on yourself and realize that you have to be willing to change.”

“I didn't want the class to end.”

- quotes from class participants