



## **Promoting Effective Parenting Styles and Protecting Children from Abuse**

Parenting is not an easy task. It becomes even more difficult when families are forced to migrate due to war, conflict, oppression, poverty, and environmental disasters. Studies reveal that these families are dealing with grief, loss, post-traumatic stress, isolation, language barriers, heightened inter-generational conflicts, settlement and adjustment problems. These factors further aggravate the bond between parents, especially mothers and children. Addressing this bond is critical due to its detrimental impact on a whole new generation of migrant children.

**This focus group** seeks to strengthen the relationship between mothers and children by providing tools and strategies to deal with stress and promoting a healthy parenting style, while protecting children from abuse.

The group meets once a week for 1.5 hours on Thursdays at 2:00 PM. This 12-week program is divided into three modules of four weeks each; each module focuses on a particular theme. During the first two months, our mental health coordinator facilitates the workshops with the women, while, in parallel, our volunteers run the program with the children. In the last module, women and children stay together where the mental health coordinator along with the volunteers will lead playgroups.

New people can join at the start of any module. Please contact Lizeta for more information: [welcommon.volunteers@gmail.com](mailto:welcommon.volunteers@gmail.com)