



THE CENTER

FOR ALCOHOL AND DRUG RESOURCES

A Program of Children's Aid and Family Services

EPIC Parenting Program

Every Person Influences Children

What is EPIC?

Through participation in the EPIC program parents experience increased confidence, more positive view of their role as a parent, and the greater the levels of interaction with their children, improved relationships with their children, and gain a set of skills to use as their children grow. This allows for children to become better prepared for school and personal success.

The EPIC program has been recognized countywide and statewide for being cost efficient, results oriented, and parent friendly.

How Does EPIC Work?

In 12 two-hour sessions, parents learn to keep the "loving connection" from infancy, through elementary school, throughout the difficult years of adolescence, and beyond. Groups are generally made up of 8 to 12 people of all ages, who may be single parents or couples, and come from various backgrounds. A certificate of completion is awarded at the end of the series.

When is it?

Dates: Wednesdays,

Time: 12:15-2:15 PM or 7:00-9:00 PM (choose 1)

Location: YMCA of Greater Bergen County

360 Main Street, Hackensack

Cost: \$240*

Interested? Contact:

Lannie Jaconia, CSSW, Program Coordinator

(201)- 740-7110

EPIC Topics

- Characteristics of an Effective, Loving Parent
- Building a Healthy Self Esteem
- Shaking, Hitting, Spanking: What to do Instead
- How to Make Rules that Work
- Listening and Responding to Children
- Knowing Ourselves as Parents
- Sexuality Education Begins at Home
- Promoting a Peaceful Environment at Home
- Substance Abuse Prevention
- Stress Management
- Conflict Resolution
- Maintaining the Love Connection



Space for EPIC generously provided by the YMCA of Greater Bergen County

