



**community  
human services**

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## **PARENT EDUCATION PROGRAM NURTURING PARENTING PROGRAM**

The Parenting Education Program (PEP) helps ensure that the children of Monterey County are raised with love and limits.

PEP utilizes Nurturing Parenting Programs (NPP), a family-centered, trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting child-rearing practices. The overarching goal of NPP is to stop the intergenerational cycle of child abuse by teaching positive parenting behaviors.

NPP lessons are tailored to families with children ages 0-12.

“Community-Based Nurturing Parenting” is designed to empower families with new skills and confidence to make good and healthy lifestyle choices. Class series are 12 weeks long.

“Nurturing Skills for Families” is designed for families needing more help building positive nurturing beliefs, knowledge, and skills. Class series are 24 weeks long.

PEP is a partnership of CHS, Behavioral Health and Family and Children's Services, and receives funding from the Mental Health Services Act.

### **PROGRAM COST**

Free

### **ABOUT CHS**

Since 1969, CHS has provided professional, affordable mental health, substance abuse and homeless services to the residents of Monterey County. Our services focus on the entire family, with programs for people of all ages.

### **CONTACT**

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