



ROADS

Parenting *Journey*

FREE

**12-week interactive,
engaging group program**

Join other Survivors for
2 hours each week & discover
your own style of parenting

Free and confidential
assessment for registration

Certificate of Completion
Awarded!

HELP USA is here.



Call 718-922-7980

Visit helpusa.org/roads

Make Progress Every Day.



ROADS

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Imagine having time to...

...focus on your **role as a parent**, to learn new skills, styles, and how to utilize your **strengths** to care for your family.

A **no-judgement zone** to share your challenges, frustrations, and fears about raising children.

Support and encouragement to develop your style of parenting – one that matches your personal **values** and vision.

During HELP ROADS Parenting Journey workshop, you will –

Meet other parents and caregivers who are gender-based violence **survivors**.

Gain **confidence** in successfully navigating the ups and downs of caring for kids.

Call today to make progress towards a safer life.

These **FREE** workshops are for survivors only.

To participate, a confidential assessment with a ROADS team member is required.