



What is Resilience?

Resilience is the ability to return to being healthy and hopeful after bad things happen. Research shows that if parents provide a safe, nurturing environment for their children, the effects of ACEs will be reduced.



Let's talk!



910.333.9725



151 Chaney Avenue
Jacksonville, NC 28540



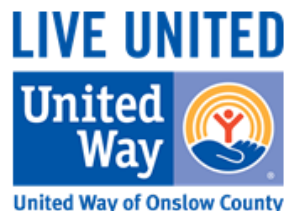
Office Hours:
M-Th 8 AM - 5 PM
Fri 8 AM - 2 PM
Parenting Classes: 6 - 8PM



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[www.facebook.com/
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PEERS PARENT EDUCATION ENHANCEMENT PROGRAM



Parenting ~ the Roots of our Past and the
Branches of our Future

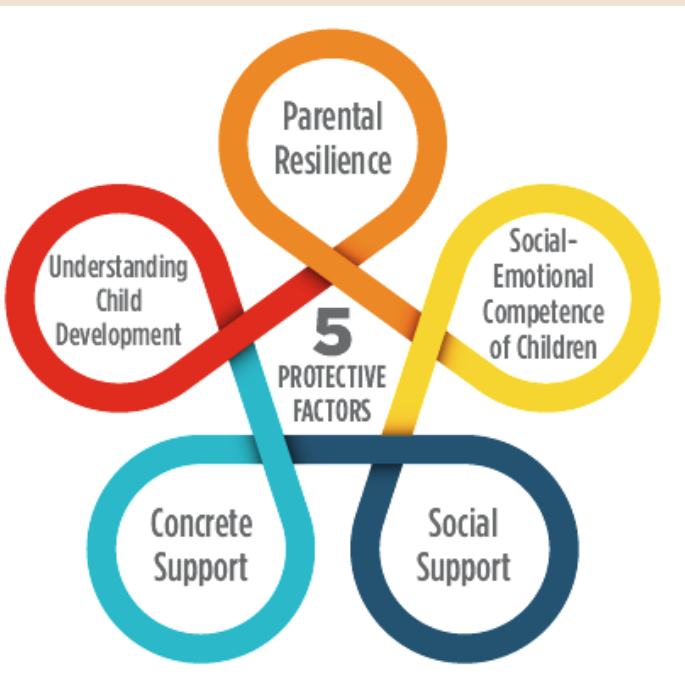
*Free to Onslow County
Residents*

We are your villiage!

What are ACEs?

ACEs are serious childhood traumas -- that result in toxic stress which can harm a child's brain. This toxic stress may prevent a child from learning, from playing in a healthy way with other children, and can result in long-term health problems as an adult.

Contact PEERS to attend a Resiliency Screening to learn more.



We discuss and explore "Understanding Adverse Childhood Experiences" (ACES), the "Five (5) Protective Factors," "Resiliency", and "Emotions" and how these affect our families.

Classes

Early Childhood Nurturing

Stepping Stones

(Positive Parenting Program)

Group Triple P

(Positive Parenting Program)

First Five Years

Crossroads of Parenting & Divorce

Substance Abuse Recovery Nurturing

Love Notes

Making Children Mind without Losing Yours

Stress and Anger Management

Active Parenting

Active Parenting of Teens

Basic Baby Care

Active Parenting of Step-families

*Darkness to Light (Stewards of Children)

*Resiliency Screening

**These classes are also offered in large groups or agencies upon request.*

PARENT EDUCATION

PEERS parent education classes aim to extend short term support and empathy to parents and caregivers, who are in immediate need of assistance in their role as parents. PEERS also provides referrals to other services available in the Onslow County area, upon request.

ALL classes are from 6-8 PM. Please call and pre-register for our classes.

We have free childcare offered for parents and special requests will be considered!

CLASS LOCATIONS

- *PEERS Family Development Center*
- *Churches*
- *Schools*
- *Child Care Facilities*
- *Onslow County Consolidated Human Services*
- *Other agencies upon request*

If you have a group of participants that would like to take classes, but cannot attend at PEERS, please contact our office at (910) 333-9727.